

A nutritious WHOLE FOOD



Eggs are highly nutritious and play an important part in a healthy, balanced diet for New Zealanders. They contain a significant number of important nutrients, packed into a convenient, well-liked whole food. Eggs include:

Protein

High-quality, complete protein, including all nine essential amino acids. The 6.7g protein per egg is well digested and increases satiety due to its unique amino acid profile including a total of 18 amino acids. At an average cost of 46c each, an egg is a very affordable protein food.

Vitamins

Nearly all recognised vitamins, with every vitamin except C. Eggs contain **vitamins A, D and E**, and **all B vitamins**, particularly thiamine, riboflavin, niacin, folate and vitamin B12 which together contribute to the healthy functioning of every cell in the body.

Minerals

Essential minerals including iodine and selenium. Two eggs provide 31% of the RDI for **iodine** for adult males & females, a necessary mineral for thyroid function, and 34-40% of the RDI for selenium, an antioxidant that protects cells against oxidative stress. As well, eggs contain a number of minerals that are essential for good health, such as **iron, zinc, phosphorus** and **calcium**.

Choline

Choline is an essential nutrient vital for nerves and muscles to function correctly and required daily for good health. Two eggs provide 352.6mg choline, providing 64% of the Adequate Intake for adult males and 83% of the Adequate Intake for adult females.

NUTRIENT COMPOSITION of Hen's Eggs

NUTRIENT	PER 2 EGGS (SIZE 6)	% Recommended Daily Intake (RDI) or Adequate Intake (AI) for adults	
		MALE	FEMALE
Energy (kJ)	548	4% RDI	5% RDI
Protein (g)	13.4	20% RDI	29% RDI
Fat (g)	8.4	N/A	N/A
Saturated fat (g)	2.2	N/A	N/A
Monounsaturated fat (g)	3.8	N/A	N/A
Polyunsaturated fat (g)	0.8	N/A	N/A
Alpha-Linolenic Acid (g)	Trace	0% RDI	0% RDI
Linoleic Acid (g)	0.6	5% AI	7.5% AI
Carbohydrate (g)	0.6	N/A	N/A
Sugars (g)	0.6	N/A	N/A
Dietary Fibre (g)	0.0	0% RDI	0% RDI
Cholesterol (mg)	406	N/A	N/A
Sodium (mg)	144	21% AI	21% AI
Iron (mg)	1.8	22% RDI	10% RDI
Selenium (ug)	24	34% RDI	40% RDI
Zinc (mg)	1.0	7% RDI	12.5% RDI
Iodine (ug)	46	31% RDI	31% RDI
Potassium (mg)	144	4% AI	5% AI
Calcium (mg)	52	5% RDI	5% RDI
Phosphorus (mg)	194	19% RDI	19% RDI
Vitamin A (ug) (Retinol)	228	25% RDI	33% RDI
Thiamin (mg)	0.08	7% RDI	7% RDI
Niacin (mg)	3.6	23% RDI	26% RDI
Riboflavin (mg)	0.48	37% RDI	44% RDI
Vitamin B6 (mg)	0.04	3% RDI	3% RDI
Vitamin B12 (ug)	1.6	66% RDI	66% RDI
Folate (ug)	128	32% RDI	32% RDI
Vitamin C (mg)	0	0% RDI	0% RDI
Vitamin D (ug)	1.6	32% AI	32% AI
Vitamin E (mg)	1.7	17% AI	24% AI
Choline (mg)	352.6	64% AI	83% AI

REFERENCES 1. Food composition ref: The Concise New Zealand Food Composition Tables, 12th Edition 2017. 2. Food composition. 3. Databases. 4. New Zealand. I. Sivakumaran, Subathira. II. Huffman, Lee. III. Sivakumaran, Sivalingam IV. The New Zealand Institute for Plant & Food Research Limited. V. Ministry of Health. %RDI. 2. RDI ref: National Health and Medical Research Council, Australian Government Department of Health and Ageing, New Zealand Ministry of Health. Nutrient Reference Values for Australia and New Zealand. Canberra: National Health and Medical Research Council; 2006. Male; 31 – 50 years (PAL 1.8, ht 1.8m, wt 71.3kg). Female; 31 – 50 years (PAL 1.8, ht – 1.7m, wt 63.6kg).



RECIPE

Antipasto salad

- 4 eggs
- 1 large bunch of rocket, trimmed
- 400g can artichoke hearts, drained and quartered* (optional)
- 1/3 cup pitted Kalamata black olives
- 100g chargrilled capsicum, cut into thin strips
(Available in jars in the International food section of your supermarket or at your local deli)
- 200g small cherry or jelly bean tomatoes, halved
- 1/2 red onion, finely sliced lengthways
- 400g can Cannellini beans, rinse and drained
- 1 1/2 tbsp extra virgin olive oil
- 3 tsp white balsamic vinegar (or white wine vinegar)
- 1/2 tsp Dijon mustard
- 2 tbsp shredded basil leaves

Instructions

1. Place the eggs into a saucepan and cover with water. Cover and bring to the boil, then uncover and start timer for 10 minutes. Drain and cool in cold water immediately, then peel.
2. Arrange the rocket, artichokes, olives, capsicum, tomatoes, onion and beans into shallow bowls or plates. Cut the eggs into quarters and arrange on top.
3. In a small bowl or jug, whisk the oil, vinegar and mustard together with a fork. Drizzle over the salads then sprinkle the freshly cut basil over the top. Season with freshly ground black pepper.

*You can substitute canned tuna for the artichokes if you prefer for taste or for more protein.
Recipe / image source and credit: Australian Egg Corporation.

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EGGS & HEART HEALTH

Research Update

The latest research shows eggs can be consumed as part of a heart healthy diet low in saturated fat, with no negative effects on serum cholesterol or cardiovascular risk amongst healthy individuals.

While previous studies showed dietary cholesterol can increase serum LDL-cholesterol^{1,2}, there is now substantial research demonstrating that an increase of dietary cholesterol, including from eggs, has little or no effect on serum cholesterol levels³. In fact, studies conducted in healthy people show no effect of daily egg intake on blood cholesterol levels^{4,5,6}. As well a 2015 meta-analysis and systematic review shows no association between increased intake of dietary cholesterol and increased risk of heart disease or stroke⁷.

Studies show saturated fat intake has more impact on serum cholesterol levels than dietary cholesterol⁸. Two eggs contains only 2.2g saturated fat, and in the NZ Nutrition Survey eggs contributed just 2.2% of the total saturated fat intake of New Zealand adults⁹.

Recommendations

Eggs are a healthy, natural whole food that the New Zealand Ministry of Health Eating and Activity Guidelines¹⁰ state can be enjoyed by most people every day of the week. This guideline covers the majority of the population.

For those at risk of heart disease, a prudent recommendation from the Heart Foundation is a limit of six to seven eggs per week as part of a heart-healthy diet¹¹. For those who are hyper-responders to dietary cholesterol, advice is best based on individual response to egg intake¹¹.

REFERENCES 1. Lee, A. & Griffin, B. Dietary cholesterol, eggs and coronary heart disease risk in perspective. British Nutrition Foundation Nutrition Bulletin 31, 21-27 (2006) 2. Weggemans, R.M., Zock, P.L. & Katan, M.B. Dietary cholesterol from eggs increases the ratio of total cholesterol to high-density lipoprotein cholesterol in humans: a meta-analysis. The American Journal of Clinical Nutrition 73, 885-891 (2001). 3. Gray, J. & Griffin, B. Eggs and dietary cholesterol – dispelling the myth. British Nutrition Foundation Nutrition Bulletin 34, 66-70 (2009). 4. Katz, D.L., et al., Egg consumption and endothelial function: a randomized controlled crossover trial. Int J Cardiol, 2005. 99(1): p. 65-70. 5. Rueda, J.M. and P. Khosla, Impact of breakfasts (with or without eggs) on body weight regulation and blood lipids in university students over a 14-week semester. Nutrients, 2013. 5(12): p. 5097-113. 6. Clayton, Z.S., et al., Influence of Resistance Training Combined with Daily Consumption of an Egg-based or Bagel-based Breakfast on Risk Factors for Chronic Diseases in Healthy Untrained Individuals. Journal of the American College of Nutrition, 2015. 34(2): p. 113-9. 7. Berger, S., et al., Dietary cholesterol and cardiovascular disease: a systematic review and meta-analysis. The American Journal of Clinical Nutrition, 2015. 102(2): p. 276-94. 8. Blesso, C.N., et al. Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. Journal of Clinical Lipidology 7, 463-471 (2013). 9. University of Otago & Ministry of Health. A Focus on Nutrition: Key findings of the 2008/09 New Zealand Adult Nutrition Survey. Ministry of Health (2011). 10. Ministry of Health. 2015. Eating and Activity Guidelines for New Zealand Adults. Wellington: Ministry of Health. 11. Heart Foundation. 2016. Evidence Paper: Eggs and the Heart. Auckland, New Zealand: Heart Foundation.

Nutrition

NUTRIENT	PER SERVE
Energy	1270.1kJ
Protein	22.7 g
Fat, Total	15.6g
- Saturated	4.7g
Carbohydrate	15.5g
- Sugars	6.1g
Sodium	335mg