

A nutritious food FOR THE WHOLE FAMILY



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.



EGGS FOR ADULTS

Eggs are a healthy, natural whole food that the New Zealand Ministry of Health Eating and Activity Guidelines for Adults¹ state can be enjoyed by most people every day of the week.

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 diet². For those who are hyper-responders to dietary cholesterol, advice is best based on individual response to egg intake².



EGGS FOR CHILDREN

The Ministry of Health³ recommends lean meat, poultry, seafood, eggs, legumes, nuts and seeds are included in childrens' diets:

- Preschoolers and children (2-12 years): at least 1-2 servings.
- Young people (13-18 years): at least 2 servings.

One egg (50g) is one serving.

How do eggs fit into a family meal plan?

**“WHEN THERE’S AN EGG IN THE HOUSE,
THERE’S A MEAL IN THE HOUSE.”**

Breakfast

Poached or scrambled eggs on toast, banana pancakes, or French toast for a treat.

Lunch

Omelettes make a perfect lunch, or add an egg (boiled, poached or fried in a little olive oil) to a salad, sandwich or leftovers.

Snacks

Make and freeze mini frittatas for a handy anytime snack, or simply enjoy a whole boiled egg.

Dinner

Whip up a frittata, quiche or tart for the family, or try one of the delicious ‘Dinner Cracked’ recipes from eggs.org.nz

Desserts

Custard, pavlova or home-baking make delicious accompaniments to fruit for a treat.



RECIPE

Zucchini, cottage cheese and corn baked frittata

SERVES 4

PREP TIME: 10 | COOK TIME: 20 | TOTAL TIME: 30 MINUTES

1 tbsp olive oil

6 size 7 eggs

2 medium zucchini, thinly sliced

1 small onion, chopped

1 cup cottage cheese

1 cup sweetcorn kernels (tinned or frozen)

Salt and pepper

Fresh thyme

Instructions

1. Preheat oven to 180C. Heat olive oil in an oven proof pan over medium heat. Add onion and cook until golden and translucent. Add sliced zucchini and sauté gently for approximately 5 minutes.
2. Whisk eggs in a large bowl. Stir in the cottage cheese and corn kernels. Season with salt and pepper. Pour egg mixture into pan over the sautéed zucchini. Sprinkle the fresh thyme on top and cook for 5 minutes on medium heat until eggs are just set.
3. Transfer the pan to the pre heated oven and bake for 15 minutes or until the top is golden and the mixture is cooked through.
4. Cut frittata into wedges and serve warm with a crisp green side salad.

Tips and Hints

Crumble some fresh feta on top if desired.

1 x small red capsicum diced into small pieces can be added into the egg mixture.

iLOVEeggs

**SUPER
naturally
GOOD**

For more recipes or information visit eggs.org.nz

This brochure and the eggs.org.nz website is provided by the marketing committee for the egg farmers of New Zealand. Nutritional information has been approved by the New Zealand Nutrition Foundation, an independent non-profit organisation that seeks to ensure all New Zealanders have access to accurate information to enable them to make informed decisions about food and the effect on their health.

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

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

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).