

# 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.



## EGGS FOR SPORTS NUTRITION

Protein is important for the growth and repair of muscles and tissues and therefore protein requirements increase with high levels of physical activity.

For recreational endurance exercise (4-5 times per week for 30 minutes), there is no increase in protein requirements, but for moderate endurance exercise, strength training, team sports and elite sports, daily protein needs increase as per table opposite<sup>3</sup>.

Choosing a wide variety of foods containing protein is important to ensure adequate quantities of essential amino acids are consumed each day. Eggs are a great choice that provide all essential amino acids as well as great nutrition in the form of vitamins and minerals too.

Eggs are a versatile protein option for people participating in sports. They can be enjoyed at any part of athletes' breakfast, added to 'second breakfast' for those who are training more, or enjoyed as part of lunch, dinner or snacks.

## Daily protein for sports

EXERCISE LEVEL	DESCRIPTION	PROTEIN INTAKE (g/kg body weight per day)*	75KG MALE	65KG FEMALE
Sedentary	No regular physical activity	0.8-1.0	60-75g	52-65g
Recreational endurance	Up to 4-5 times per week x 30 mins	0.8-1.0	60-75g	52-65g
Moderate endurance	Approx. 4-5 times per week x 45-60 mins	1.2	90g	66g
Intensive team sports	e.g. Football, power sports	1.4-1.7	105-128g	77-94g
Elite athletes	Training every day at high level	1.6	120g	88g
Strength training – early training	Weights training	1.5-1.7	113-128g	83-94g
Strength training – steady state	Weights training	1.0-1.2	75-90g	55-66g

\*Female athletes need ~15% less protein than male athletes at the same activity level.



## RECIPE

# Scrambled pita pockets

SERVES 4 FOR UNDER \$11

- |  |                                       |
|--|---------------------------------------|
| <b>2 tbsps olive oil</b>                 | <b>5 size 6 eggs, lightly whisked</b> |
| <b>1 small red onion, finely chopped</b> | <b>100g feta, crumbled</b>            |
| <b>1 clove garlic, finely chopped</b>    | <b>Salt and pepper to taste</b>       |
| <b>1 red pepper, diced</b>               | <b>2 tbsps chopped parsley</b>        |
| <b>½ green pepper, diced</b>             | <b>4 pita bread pockets, warmed</b>   |
| <b>4 large tomatoes, chopped</b>         |                                       |

## Instructions

- Heat the oil in large frying pan over a low-medium heat and gently cook the onion, garlic and peppers for 10-15 minutes or until just tender.
- Add the tomatoes and cook for a further 10 minutes until tomatoes have softened and some of the excess liquid has evaporated.
- While the tomato mixture is cooking, lightly whisk the eggs together in a bowl and warm the pita pockets either in the toaster or microwave.
- Gently pour the eggs into the pan, stirring gently just to incorporate eggs and the pan ingredients.
- Cook just until the egg thickens, about 3-5 minutes, before sprinkling over the feta and chopped parsley.
- Halve the warmed pita pockets and spoon in the egg mixture, serve.

### Tips and Hints

The first 6 ingredients can be cooked in advance then reheated and eggs added just before serving.

1 clove garlic is about the same as a teaspoon of crushed garlic out of the jar.

Any leftover feta will last a few days in the fridge and can be added to salads etc. It can also be frozen but once thawed is best used in recipes where it is cooked – the flavour will be the same but the texture may not be quite as good.

iLOVEeggs

SUPER  
naturally  
GOOD

For more recipes or information visit [eggs.org.nz](http://eggs.org.nz)

This brochure and the [eggs.org.nz](http://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