

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
Ribo avin (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



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 tbsps 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

Based on current evidence, the Heart Foundation is making a prudent recommendation that New Zealanders who are at increased risk of heart disease, including those with Type 2 diabetes, can eat up to six eggs per week as part of a heart-healthy eating pattern. This amount is unlikely to have any substantive influence on their risk of heart disease.¹¹

For the general healthy population, eggs can be included as part of a heart healthy eating pattern. There are more important changes people should be focusing on, such as increasing vegetable intake, eating more whole and less processed foods and reducing saturated fat intake, rather than restricting egg intake.¹¹

Advice for hyper-responders would be best based on their individual response to egg intake, as limits will vary according to the individual.¹¹ It would be best to discuss your individual requirements with your GP and a registered dietitian.

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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