

The nutritional properties of eggs

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The nutritional properties and health benefits of eggs

Dr Ruxton C, Dr Derbyshire E, Gibson S (2010) [The nutritional properties and health benefits of eggs](#), Nutrition & Food Science 40:3

Abstract

Purpose - Advice about the role of eggs in the diet has changed several times over the decades. The aim of the current paper is to evaluate published evidence reporting associations between egg consumption, egg nutrients and health.

Design/methodology/approach

The scientific literature was searched using Medline and key words relevant to eggs and egg nutrients. In addition, a new secondary analysis of the UK National Diet and Nutrition Survey (NDNS) was undertaken to examine nutritional and health differences between consumers and non-consumers of eggs.

Findings

Eggs are a rich source of protein and several essential nutrients, particularly vitamin D, vitamin B12, selenium and choline. Emerging evidence suggests that eating eggs is associated with satiety, weight management and better diet quality. In addition, antioxidants found in egg yolk may help prevent age-related macular degeneration. The secondary analysis showed that regular egg consumers with a low red and processed meat (RPM) intake ate healthier diets and had a better micronutrient status than those who did not eat eggs but who had a high RPM intake. It was concluded that egg consumption, at a range of intakes, was associated with nutrition and health

The nutritional properties and health benefits of eggs, Nutrition & Food Science, March 2010. British Egg Industry Council website.

Link to full article <http://www.nutritionandeggs.co.uk/research/nutritional-properties-eggs>