

# Position Statement for Healthcare Professionals

## Eggs and Fat

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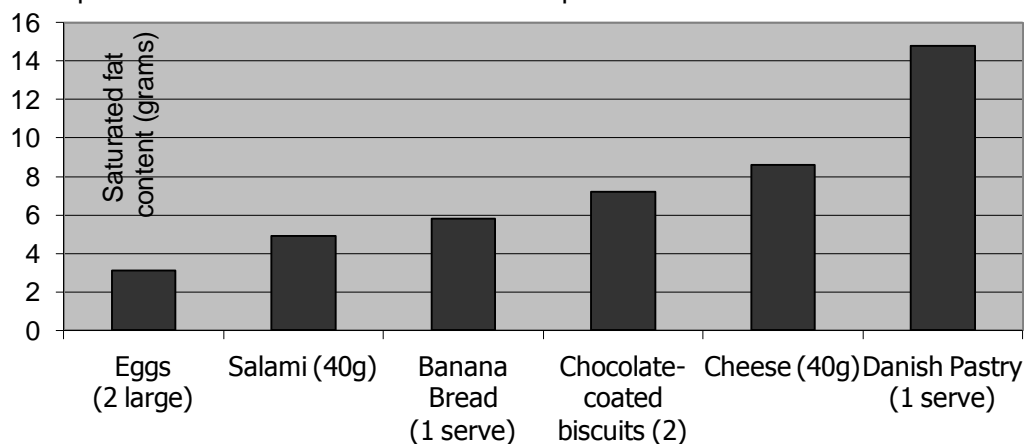
Research undertaken by the Australian Egg Corporation shows around one third of consumers site fat content as a barrier to egg consumption[1].

Eggs contain an average of 10.3 grams of total fat per serve of eggs\* making them a moderate source of dietary fat. The majority of the fat in eggs is unsaturated with 3.4 grams being saturated fat. Results from the National Nutrition Survey [2] show egg products and dishes contribute just 2% of the average total fat intake, 1.6% of the average total saturated fat intake, 1.7% of the average total polyunsaturated fat intake and 2.5% of the average total monounsaturated fat intake in the Australian diet. Egg products and dishes therefore make a greater contribution to unsaturated fat intakes in the average Australian diet and contribute relatively little to saturated fat intakes.

Eggs also provide omega-3 fatty acids, contributing an average of 180mg per serve. Of this, 114mg is long chain omega-3 fatty acids, which represents 71-127% of the adequate intake (AI) for adults [3]. Eggs enriched with omega-3 fatty acids provide even more of these fatty acids, with total amounts varying between brands.

The National Health and Medical Research Council (NHMRC) recommends that for good health, no more than 20-35% of total energy intake should come from fat, with saturated fat providing less than 10% of total energy [3]. For an 'average' person consuming 8700 kilojoules (2070 calories) per day, this equates to 70 grams of fat, with 24 grams from saturated sources [4]. A serve of eggs would therefore contribute 15% of the total fat and 14% of the saturated fat recommended daily in an average diet. In comparison, 2 slices (40g) of cheese contributes over 35% of the daily saturated fat limitations and two chocolate-coated biscuits provides 30% of the daily limitations (see figure 1).

**Figure 1:** Comparison of saturated fat content of foods per serve



Due to their contribution of a wide range of nutrients to the diet, eggs can be a valuable inclusion in a healthy diet and contribute only moderate amounts of total fat, the majority of which is beneficial unsaturated fat, along with useful amounts of omega-3 fats.



This statement is for healthcare professionals only.

*\*One serve = 2x60g eggs (104g edible portion)*

**References:**

1. Newspoll Market Research, *Eggs Tracking Study*. 2012, Newspoll Market Research: Braddon, ACT, Australia.
2. Australian Bureau of Statistics, *National Nutrition Survey Nutrient Intakes and Physical Measurements 1995*. Australian Bureau of Statistics (ABS) and Commonwealth Department of Health and Aged Care, 1998.
3. National Health and Medical Research Council, *Nutrient Reference Values for Australia and New Zealand including Recommended Dietary Intakes*. 2006, Canberra: NHRMC.
4. FSANZ, *Australia New Zealand Food Standards Code*. Amendment 91, 2007. Canberra.