

WHAT'S IN AN EGG?

One large egg (60 grams) contains over six grams of protein and 4.5 grams of fat, as well as multiple vitamins and minerals important for child and maternal nutrition.

Vitamins



- 25%** **Vitamin B₁₂**
Helps in the metabolism of fatty acids and amino acids, cell creation, and the protection of nerve cells
- 15%** **Vitamin B₂**
Helps the body break down carbohydrates, proteins and fats to produce energy, and allows oxygen to be used by the body.
- 9%** **Vitamin D**
Vital for normal calcium metabolism, immunity, nervous system function, and bone density
- 8%** **Vitamin A**
Plays a central role in our vision, skin, genes, growth, and immune system

Minerals

- 27%** **Selenium**
Antioxidant and thyroid regulator
- 15%** **Folate**
Cell growth, red blood cell formation and prevention of Neural Tube Defects.
- 11%** **Phosphorus**
Keep bones and teeth strong
- 6%** **Iron**
Help hemoglobin and myoglobin bring oxygen to all the cells that need it

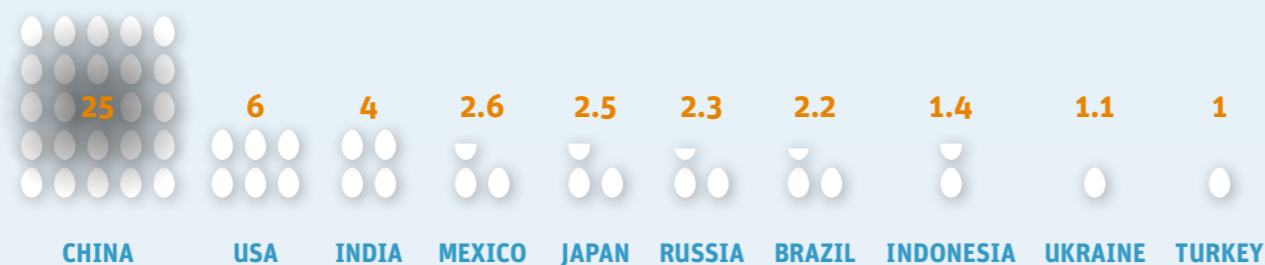
Egg Myths

- Eating eggs raises blood cholesterol**
After years of research, it is now recognized that the effect of egg consumption on blood cholesterol is minimal and too much saturated fat is more likely to raise blood cholesterol than eating foods rich in dietary cholesterol. Eggs can be included every day in a varied and balanced diet.
- Eggs are too expensive in many parts of the world**
Eggs are the most affordable animal source food globally (apart from milk).
- Egg yolks are bad for you**
Most of the eggs' nutrients and over 40% of its protein is found in its yellow yolk. Egg yolks also carry fat-soluble nutrients like vitamin D, E, A and macular pigments lutein/zeaxanthin. Most of the lipids are essential fatty acids such as omega-3 DHA and help absorption of important nutrients such as choline present in an egg.
- Brown and white eggs are nutritionally different**
Brown eggs and white eggs are nutritionally exactly the same. The main difference is in the type of chicken that lays the egg (chickens with white earlobes lay white eggs, and chickens with brown (red) earlobes lay brown eggs).

% = percent of recommended daily allowance (RDA)

10 countries produce over 65% of the world's eggs

Top 10 egg-producing countries, 2014 (metric tons)



Average egg consumption by world region, 2009 (kg/capita/year)

