

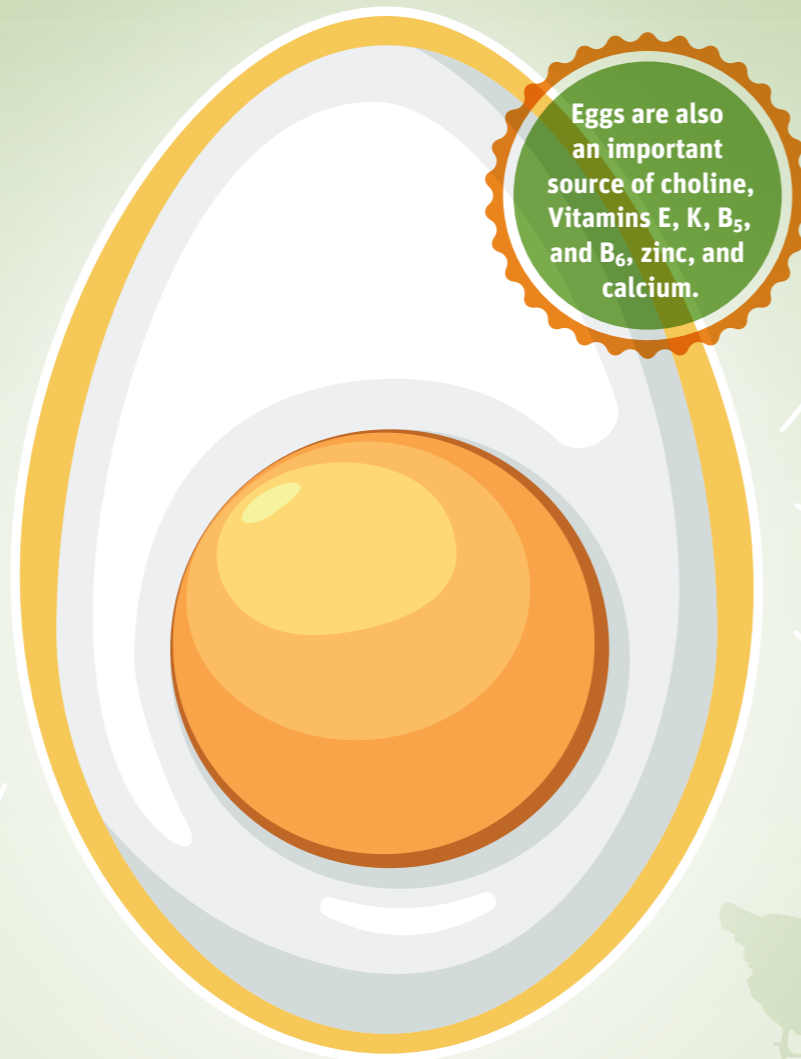
# WHAT'S IN AN EGG?



One large egg (60g) contains only 85 calories and 4.5 grams of fat but over 6 grams of protein, multiple vitamins and minerals, and essential fatty acids important for child and maternal nutrition

## Vitamins

- 25%** **Vitamin B<sub>12</sub>**  
Helps metabolize fatty acids and amino acids, cell creation, and the protection of nerve cells
- 15%** **Vitamin B<sub>2</sub>**  
Helps the body break down carbohydrates, proteins and fats to produce energy, and allows oxygen to be used by the body.
- 15%** **Folate**  
Cell growth, red blood cell formation and prevention of Neural Tube Defects.
- 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



Eggs are also an important source of choline, Vitamins E, K, B<sub>5</sub>, and B<sub>6</sub>, zinc, and calcium.

% = percent of recommended daily allowance (RDA)

## Minerals

- 27%** **Selenium**  
Antioxidant and thyroid regulator
- 16%** **Iodine**  
Supports thyroid health, improves cognitive function, and promotes neurodevelopment during pregnancy
- 11%** **Phosphorus**  
Keeps bones and teeth strong
- 6%** **Iron**  
Helps hemoglobin and myoglobin bring oxygen to all the cells that need it



## Eggciting Facts

- Eating the whole egg is an eggcellent idea:** Eggs are among the most nutritious foods on the planet and a whole egg contains high-quality protein and almost all essential vitamins and minerals. Over 40% of an egg's protein is found in the yolk as well as important fats, minerals and vitamins.
- Eating eggs during pregnancy is good for mother and baby:** Eggs are a versatile source of protein, vitamins and minerals that are important for pregnant women and their baby. Eggs are also rich in choline, a nutrient that is essential for brain development.
- Eggs are not affordable in many parts of the world:** While eggs are a cheap source of protein in high-income countries, in many low and middle-income countries (LMICs) they are still unaffordable. Eggs and fresh milk are often 10 times as expensive as starchy staples in most LMICs, which often leads to less frequent consumption among women and children.
- Introducing eggs early can help prevent childhood malnutrition:** Introducing eggs during the complementary feeding period (6–23 months) is appropriate and important. Recent research (Iannotti et al. 2017) shows that eggs have a significant effect in reducing stunting and micro-nutrient status in infants and children.

## Sight and Life's Eggciting Innovation Projects

Piloting an egg hub model and creating awareness about benefits of egg consumption to make eggs available, affordable and desirable to low income households.



Malawi

Value chain and case study analysis on innovative poultry business models which successfully created efficient and high-yield intensive systems.



India

Addressing egg supply chain bottlenecks to deliver low cost, better quality eggs through a robust public private partnership.



Indonesia

Develop route-to-market for innovative egg powder based foods to reach last mile consumers.



Ethiopia