

# EGG NUTRITION SHEET

## DID YOU KNOW?

One little egg is packed with several vitamins essential to your health...

### VITAMIN B2

Which helps your body to break down food into energy

### VITAMIN A

Which is great for your eyesight

### VITAMIN B12

Vital for producing red blood cells

### VITAMIN E

Which helps prevent tissue and cellular damage

## EGGS ARE A GREAT WAY OF GETTING YOUR RECOMMENDED DAILY ALLOWANCE (RDA)

**6%**

**VITAMIN A**  
6% OF YOUR RDA

**5%**

**FOLATE**  
5% OF YOUR RDA

**7%**

**VITAMIN B5**  
7% OF YOUR RDA

**15%**

**VITAMIN B2**  
15% OF YOUR RDA

**9%**

**PHOSPHOROUS**  
9% OF YOUR RDA

**9%**

**VITAMIN B12**  
9% OF YOUR RDA

**22%**

**SELENIUM**  
22% OF YOUR RDA

Eggs also contain decent amounts of Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Calcium and Zinc.

## BUST THOSE MYTHS

### CHOLESTEROL

There is a good and a bad type of cholesterol in our bodies. Eggs are high in the good type which helps the body, rather than damaging it.

### KEEPING EGGS HEALTHY

If you are worried about your cholesterol, it is how you cook your eggs that matters, without the addition of saturated fat from other sources like butter and cheese. There is no limit to the number of poached, boiled and scrambled eggs (without butter) that you can eat in a week.

## WHY SHOULD YOU EAT EGGS?

- Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient we need.
- Eggs are high in cholesterol, but eating eggs does not have adverse effects on our health for the majority of people.
- Egg consumption is linked to a reduced risk of many diseases.
- Eggs are among the best dietary sources of choline, a nutrient that is incredibly important but most people aren't getting enough of.
- Eggs contain a vitamin that can help your eyes stay in tip top condition.

### FOOD SAFETY AND EGGS

Most eggs have a stamp on the shell which shows that they have been produced in the safest way possible. Nearly all eggs laid on British farms now have this. UK egg production is among the safest in the world.