

Eggspress

EGG-CELLENT NUTRITION

One Grade A large egg (50 g) provides*:

Vitamin A	8%
Vitamin D	8%
Vitamin E	9%
Thiamin	3%
Riboflavin	14%
Niacin	7%
Vitamin B ₆	2%
Folate	15%
Vitamin B ₁₂	29%
Pantothenic acid	15%
Calcium	2%
Phosphorus	6%
Magnesium	2%
Iron	4%
Zinc	5%

* Based on Recommended Daily Intakes for Canadians established by Health Canada.



EAT WELL, LIVE WELL
T.M. Dietitians of Canada

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Eggs are one of nature's most nutritious foods. One large egg contains only 71 calories and an incredible amount of nutrition. The tables speak for themselves! So include eggs as part of your healthy diet!

One Grade A large egg (50 g) provides*:	
Energy	71 kilocalories 297 kilojoules
Protein	6 g
Fat	5 g
Polyunsaturates	0.8 g
Monounsaturates	2.0 g
Saturates	1.5 g
Cholesterol	190 mg
Carbohydrates	0.5 g

*1999 Nutrient Analysis indicates that cholesterol values have decreased from 215 mg and energy values from 75 kcal (310 kJ), as previously reported in the 1997 Canadian Nutrient File.

Protein

Protein is essential for building and repairing tissue. Muscles, organs, skin, hair as well as antibodies, enzymes, and hormones are all made from protein.

Protein is composed of 23 different amino acids. Nine amino acids cannot be made by the body. These nine are known as essential amino acids and must come from food. Foods that contain all nine essential amino acids are called "complete protein" foods.

The nine essential amino acids are:

- Valine
- Leucine
- Isoleucine
- Threonine
- Histidine
- Tryptophan
- Phenylalanine
- Methionine
- Lysine

Eggs Are High Quality Protein

Eggs contain all nine essential amino acids making them an excellent source of high quality protein.

Scientists frequently use eggs as a standard for measuring the protein quality of other foods. Protein quality is expressed as biological value which measures the rate of efficiency that protein is used for growth. At 93.7% eggs score higher than any other food.

Eggs are an affordable protein source and can be stored in the refrigerator for up to three weeks without affecting their quality. According to *Canada's Food Guide to Healthy Eating*, one to two eggs provides a serving from the Meat and Alternatives Food Group.

Cholesterol

Cholesterol is a waxy, fat-like substance. It has many uses, including insulating nerve fibres, maintaining cell walls and producing vitamin D, digestive juices and certain hormones.

High blood cholesterol levels can increase your risk of heart disease. However, foods that contain cholesterol, such as meat, poultry, seafood, eggs and dairy products, do not automatically become blood cholesterol. Most blood cholesterol is made by the liver.

Many foods that contain cholesterol are included in *Canada's Food Guide to Healthy Eating*. Eliminating them from your diet would limit your intake of vitamins and minerals. If you are concerned about your cholesterol level, cut back on fat, especially saturated fat.

Fat

People tend to forget that fat is an essential nutrient. It provides energy (calories) and essential fatty acids. Fat is needed to absorb the fat soluble vitamins A, D, E and K and helps us recognize feelings of fullness so we do not overeat.

Unfortunately, most Canadians eat too much fat, especially saturated fat. Research links a high fat intake with heart disease, cancer, and obesity.

Health Canada recommends that Canadians limit their fat intake to 30% or less of total energy intake for the day. The chart below can assist you in identifying an appropriate level.

For a Man:
Typical fat intake = 115 grams
Healthy fat intake = 90 grams
Reduction needed = 25 grams
For a Woman:
Typical fat intake = 82 grams
Healthy fat intake = 65 grams
Reduction needed = 17 grams

One large egg contains just 5 grams of fat and only 1.5 grams of saturated fat. Eggs can easily fit into your daily fat limit.

What Vitamins and Minerals Do

- Vitamin A helps maintain healthy skin and eye tissue, assists with night vision.
- Vitamin D helps keep bones and teeth strong and regulates calcium absorption.
- Vitamin E acts as an antioxidant and protects Vitamins A and C.
- Thiamin helps the body release energy from carbohydrates.
- Riboflavin is needed to metabolize proteins.
- Niacin helps release energy and promotes normal nerve function.
- Vitamin B₆ (pyridoxine) is needed to metabolize protein and form tissues.
- Folate and Vitamin B₂ aid in red blood cell formation.
- Pantothenic acid helps metabolize energy and form tissues.
- Calcium and phosphorus are used to make strong bones and teeth.
- Magnesium helps metabolize energy and form tissues and bones.
- Iron carries oxygen to the cells and keeps blood healthy.
- Zinc helps the body metabolize energy and form tissues.

This factsheet was developed by the Canadian Egg Marketing Agency. To obtain additional copies or more information on eggs, contact your provincial egg marketing board or visit us at www.canadaegg.ca

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