

EGGS

supply essential nutrients and contribute to healthy diets



Children (1-5 years)
Vitamin A: 16-18%
Vitamin B12: 48-64%
Zinc: 11-25%

Adults (19-65 years)
Vitamin A: 12-15%
Vitamin B12: 24%
Zinc: 15-20%

School children and adolescents (6-18 years)
Vitamin A: 12-16%
Vitamin B12: 24-48%
Zinc: 14-18%

Older adults (> 65 years)
Vitamin A: 12%
Vitamin B12: 24%
Zinc: 15-20%

Pregnant women
Vitamin A: 6%
Vitamin B12: 22%
Zinc: 10-18%

Eggs contain important micronutrients

Vitamin A helps the body to recover more quickly from illness and is important for healthy eyes, skin, gut and lungs.

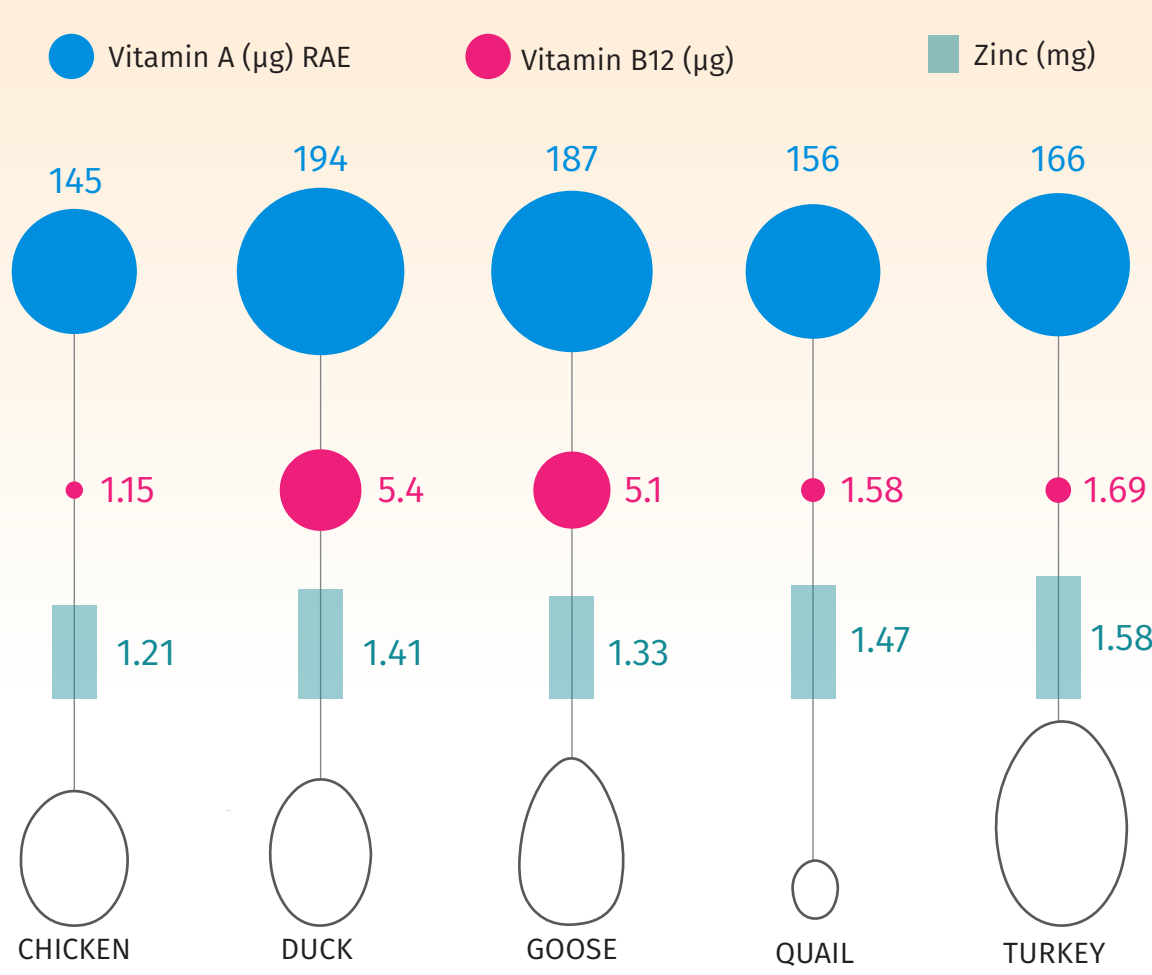
Zinc is necessary for the activity of over 300 enzymes in the human body and serves vital functions in growth, development and immunity.

Vitamin B12 is needed for neurodevelopment and supports blood cell formation.

Choline is vital for growth, neurotransmission and cell membrane integrity and function.

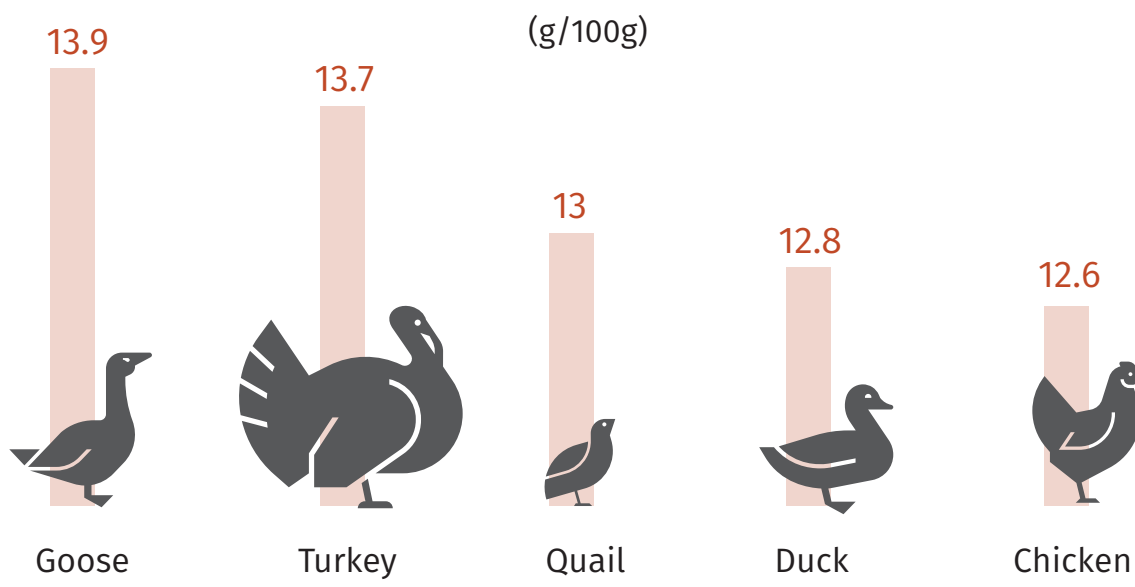
Eggs are a good source of essential micronutrients

(per 50g)



Eggs are a good source of highly digestible proteins

(g/100g)



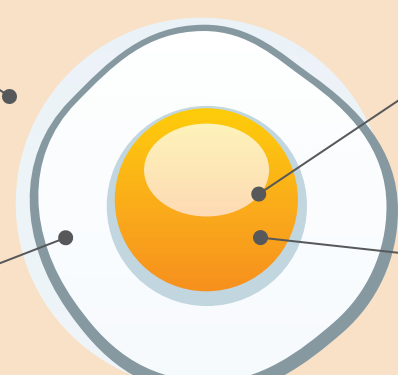
Eggstraordinary facts

The combination of amino acids and proteins in eggs is considered the **gold standard** to which other proteins are compared.

One chicken egg (50 g) provides 194 mg of **choline**, mostly concentrated in the egg yolk.

In well cooked eggs **biotin**, important vitamin for hair, nail and skin health, is more bioavailable.

Lipids are highly concentrated in the egg yolk.



Eggs help to prevent vitamin A deficiency

Vitamin A deficiency is the world's leading preventable cause of childhood blindness.



Every year, some **250 000–500 000 vitamin A-deficient children** become blind and

50% of them die within 12 months of losing their sight.



Vitamin A deficiency remains a public health problem in many low- and middle-income countries, foremost in Africa and South-East Asia.



Vitamin A is contained in eggs in its active form: **retinol**. Vitamin A is more bioavailable in animal source foods than in plant based foods.

Contribution of 100g to the daily vitamin A and vitamin B12 intake recommendation for women of reproductive age

● Vitamin A ● Vitamin B12

