

7 Reasons Why Eggs Are Great For Everyone, Any Time



Publication: 7 September 2022
Reading time: 5 minutes

If you only eat eggs a couple of times a week, here's a few more reasons that might have you reaching for the eggs more often.



Eggs are some of the tastiest, nutrient-rich foods on the planet. But there's so much more to the story. They are a versatile and affordable whole food, here to make your mealtimes easier in more ways than one. In fact, we have seven! Read on to discover why eggs are a great meal for anyone, at any time of the day.

Celebrating World Egg Day 2023

World Egg Day is a global celebration of the nutrient-rich, delicious, and versatile egg.

With food costs rising nationwide, and more families than ever trying to budget each and every supermarket visit, we want to take this time to highlight how nutritious, versatile, and affordable eggs can be. Join us in celebrating this October with a plethora of egg-inspired meal ideas and recipes here at Australian Eggs.

[Learn more about World Egg Day here.](#)

1. Ready Made



Eggs come in a ready-made serving size, easy to grab and add to any meal. Cooking prep is simple and quick, with no need to cut up perfect portions like meat or veggies. How many people are eating? Just add that number of eggs to your dish.

This ability to portion eggs easily makes them perfect for solo meals or entire family feasts.

2. Versatile



Egg Tacos

Not only are eggs the optimal serving size, but they are also a great vehicle for mixing with seasonal flavours; from mushrooms and tomatoes, to spinach and zucchini.

Bringing together a host of veggies in one dish? Just add a few eggs to create a luscious quiche or a savoury omelette.

Making ramen? Drop in a boiled egg to tie in all the flavours.

Taco Tuesday? Try them with eggs instead of beef tonight.

Cooking steak? Add a fried egg for added protein, flavour and texture.

Eggs work well with just about every food group, without overpowering the essence of your dish.

3. Budget-friendly



Affordable & Easy Shakshuka

Eggs are one of the cheapest whole food protein sources available so if you've been feeling the pinch of inflation this year, then eggs should be number one on your shopping list. Struggling to think of meals for dinner that have eggs in them? We've prepared a list [here](#) for you, of a dozen recipes you probably forgot about, but will definitely love.

Eggs are the perfect combo for families and individuals wanting to get the most out of their food shopping. Support your well-rounded diet without breaking the bank!

4. Eggs Are Ok Everyday



There's no denying the eggs are tasty. They're great on their own, great at dinnertime, and in our favourite: desserts!

Sometimes there's mixed messaging around if you can eat eggs everyday so we're here to tell you loud and clear - the latest Heart Foundation recommendations put no limit on the number of eggs healthy people can eat every week. Which means you can feel good about eating eggs every day.

Eggs are packed with 13 essential vitamins and nutrients. Protein to keep us going. Vitamin D to recharge us during those dark winter months. Omega-3s to support brain, heart, and eye health. And many more, each contributing to our overall health.

It's very rare to find so many nutrients packed into one superfood, making eggs an ideal choice for any meal.

5. Keep You Fuller, For Longer





Egg Brekky Bagels

Eggs are relatively low in calories and a rich source of quality protein.

Studies have found that eating eggs can make you feel full for longer by:

- Increasing levels of a hormone that helps you feel satisfied after eating
- Keeping energy levels higher
- Boosting metabolic activity
- Delaying the rate at which food leaves the stomach

This makes eggs to perfect breakfast food, helping to curb the desire to reach for that mid-morning snack before lunchtime.

6. Great for Desserts



Raspberry Semifreddo

There's a good chance that your favourite dessert or baked good has eggs in its recipe. Gelato, meringue, banana bread, cakes, and more all have eggs. This superfood adds a unique balance and texture to any dessert, and when a dessert is missing this key ingredient, you can probably taste the difference!

7. Loved by All





95% of Aussies eat eggs in some form or another. Maybe you prefer a scramble. Or perhaps poached is your thing. No matter what your preference, just about all of us can agree that eggs are good! If you're stuck for ideas when planning a dinner for friends and family, finding a way to incorporate eggs will leave everyone full and satisfied.

Choose Eggs For Your Next Meal

There's no denying that eggs are the ideal choice for any meal, any time of day. They're affordable, versatile, and nutrient-rich, ticking off all the boxes for a great dish. Want to learn about the specific health benefits eggs can provide? Check out all the [Health Benefits of Eggs](#), and don't forget to stop by our [Recipe](#) page for more cooking inspo.