Benefits of Eating Eggs - The Key Vitamins and Nutrients in Eggs for Older Australians

Protein

The current recommended daily protein intake for Australian adults aged 70 years and over is 57g per day for women and 81g for men, which is 25% more than what’s needed for younger adults due to increased protein requirements with age¹. Protein is essential for:

- Maintaining and building muscle mass²
- Helping you recover faster when injured¹
- Reducing appetite and hunger⁴

Protein

Choline is a little-known yet important nutrient that may play a role in helping prevent cognitive decline in older adults⁵. In fact, 90% of Australians do not meet the adequate intake level of choline⁶ but research shows requirements are more easily reached when eggs are included regularly in your diet⁷. Choline is essential for¹,⁷,⁸:

- Helping produce an important neurotransmitter that is needed for muscle control, memory, focus, and heartbeat regulation.
- Helping to create a substance that is essential for removing cholesterol from the liver and sending it into the bloodstream to use for energy.
- Cell membranes
- Contributing to methylation, which is a process that helps your body repair and produce DNA.

Eating eggs every day is ok

The National Heart Foundation no longer limits the number of eggs Australians can eat per week as part of a healthy, balanced diet³. With so many nutritional benefits, they’re a great addition any time of the day.
BENEFITS OF EATING EGGS – THE KEY VITAMINS AND NUTRIENTS IN EGGS FOR OLDER AUSTRALIANS

Vitamin D

Vitamin D plays an important role in calcium and phosphorus absorption⁷. Eggs are one of the few foods that are naturally high in vitamin D, providing more than 50% of the recommended dietary intake for older adults⁷. Vitamin D is essential for:

- Healthy bones and teeth⁹
- Healthy muscle function⁹
- Immune system maintenance⁹
- Eye health
- Protecting cells from damage
- Clearance of free radicals
- Heart health

Lutein and Zeaxanthin

Lutein and zeaxanthin are antioxidants found in eggs that are associated with decreased risk of age-related macular degeneration (AMD) - the leading cause of blindness in older Australians. Lutein and Zeaxanthin are needed for ⁹,⁰:

- Eye health
- Protecting cells from damage
- Clearance of free radicals
- Heart health

References

8. Wallace, Taylor C, PhD, FACHN; Blusztajn, Jan Krzysztof PhD; Caudill, Marie A. PhD, RD; Klatz, Kevin C. MS; Noltner, Elana MS, RD; Zeisel, Steven H. MD, PhD; Selman, Kathleen M. MPH, RD, LD Choline, Nutrition Today: 11/12 2018 - Volume 53 - Issue 6 - p 240-253

For more information contact Australian Eggs

contacts@australianeggs.org.au
/Australian Eggs
@australianeggs
www.australianeggs.org.au