

Discover the goodness of eggs!



The humble egg is small but packs a mighty nutritional punch. Eggs are a nutrient-rich and versatile food that supports good health at every age. **Each egg provides 17 different vitamins and nutrients including vitamin D, B12, iodine, selenium, choline, and protein.** These nutrients play important roles in supporting muscle function, cognitive health, immune function and overall wellbeing.¹



WHO SHOULD EAT EGGS?

Eggs can be enjoyed as part of a healthy, balanced diet at all life stages and within many dietary patterns. The Heart Foundation currently sets no limit on the number of eggs a healthy individual can consume per day. For anyone with existing heart disease or type 2 diabetes, the Heart Foundation advises a maximum of seven eggs per week.²

KEY NUTRIENTS IN EGGS, AND WHY THEY MATTER



High-quality protein for muscle strength

For most people, eggs contain all 9 essential amino acids your body needs to build and maintain muscle. Adequate protein intake supports muscle mass, strength and physical function, which is especially important as we age. Eggs may also help decrease age-related sarcopenia.^{3,4} Protein-rich foods like eggs can also help you feel fuller for longer, supporting healthy appetite control and weight management.⁵

KEY NUTRIENTS IN EGGS, AND WHY THEY MATTER *continued*



Choline for brain and cognitive health

Eggs are one of the best dietary sources of choline, a nutrient required for memory, learning, and overall brain function.⁶

Choline also supports liver health and is especially important during pregnancy and early childhood development.



Vitamin D for bones and muscles

Eggs are one of the few foods that naturally contain vitamin D. Vitamin D plays a role in calcium absorption, bone health and muscle function. Low vitamin D status is common among Australians and is associated with impaired muscle function and increased risk of falls and fractures, particularly in older adults.⁷



Lutein and zeaxanthin for eye health

Lutein and zeaxanthin are antioxidants found in eggs that build up in the retina, where they help defend against oxidative damage. Diets rich in these nutrients have been linked to a lower risk of age-related macular degeneration and may help maintain healthy vision as you age.⁸



Supporting weight management

Eggs are nutrient-dense yet relatively low in calories. Their protein content helps increase feelings of fullness and may reduce how much you eat later in the day^{5,9}, making them a helpful food in weight-management plans.

References

- 1 FSANZ) ANZ Food Standards Code – Standard 1.2.7: Nutrition, health and related claims. Canberra: FSANZ; 2013
- 2 National Heart Foundation of Australia. Eggs and heart-healthy eating: Position statement. Melbourne: Heart Foundation; 2019.
- 3 Bauer J, et al. J Am Med Dir Assoc. 2013;14(8):542–559.
- 4 Deutz NEP, et al. Clin Nutr. 2014;33(6):929–936.
- 5 Morell P, Fiszman S. Food Hydrocolloids. 2017;68:199–210.
- 6 Ylilauri MPT, et al. Am J Clin Nutr. 2019;110(6):1416–1423.
- 7 Wilson L, et al. Br J Nutr. 2021;126:1–9.
- 8 Lawrenson JG, Downie LE. Nutrients. 2019;11(9):2123.
- 9 Dhillion J, et al. Am J Clin Nutr. 2016;103(2):549–557.