

Why Gut Health Matters



Your gut is home to trillions of microorganisms, collectively called the gut microbiome. These tiny organisms help with digestion, immune function, metabolism, and overall wellbeing. **What you eat plays a key role in your gut microbiome composition and function.**

While fibre remains the primary driver of a good gut microbiome, other foods, including animal-derived foods such as eggs, can help support gut health.

WHAT THE EVIDENCE SHOWS

EGG CONSUMPTION MAY INFLUENCE GUT HEALTH THROUGH:



Influencing the types of substances produced by gut bacteria, which in turn supports the way the gut barrier functions, aiding with digestion and immunity



Influencing gut microbial activity without increasing inflammation or metabolic risk.¹



Creating a healthier environment for beneficial gut bacteria



While research is still ongoing, current evidence shows eggs can be part of a healthy dietary pattern that supports gut health.²

References

- 1 Liu X, et al. Food Sci Nutr. 2022;10(1):295–304.
- 2 Suta S, et al. Nutrients. 2023;15(5):1143.





WHERE DO EGGS FIT IN?

Protein and amino acids

Eggs provide complete, highly digestible protein containing all essential amino acids.

Why this matters:

- ▶ Protein supports the repair and maintenance of the gut lining.
- ▶ Certain amino acids (such as glutamine) help maintain a strong intestinal barrier.^{2,4}
- ▶ Protein intake can influence gut microbial activity.⁵

Bioactive compounds that support gut function

Eggs naturally contain beneficial compounds like healthy fats, antioxidants, and key micronutrients.

Evidence suggests that these compounds may strengthen intestinal barrier function, support a healthy inflammatory response, and provide antioxidant protection in the gut. Research is still emerging, and results can vary depending on overall diet.⁶

Building a gut healthy diet

A gut-friendly eating pattern focuses on variety and whole foods.

Eggs fit well alongside:

- ▶ Fibre-rich foods such as whole grains, fruits, vegetables, legumes
- ▶ Fermented foods including yoghurt, kefir, kimchi, sauerkraut
- ▶ Minimally processed foods – a varied, balanced diet supports a more diverse and resilient gut microbiome.

The bottom line?

Eggs can be part of a balanced diet that supports gut health. They provide high-quality protein and bioactive compounds that may benefit the gut, and while research is still developing, current evidence shows egg consumption can play a role in influencing gut microbial activity and creating a healthier environment for beneficial gut bacteria.

References

- 3 Valdes AM, et al. BMJ. 2018;361:k2179.
- 4 Ghadimi D, et al. Nutr Rev. 2015;73(8):513–524.
- 5 Ghadimi D, et al. Nutr Rev. 2015;73(8):513–524.
- 6 Lee C, et al. Nutrients. 2023;15(18):3945.