

# Egg-ceptional New Research: Eggs are OK Every Day



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## CSIRO study finds Australian egg consumers have better quality diets

**Sydney, Australia:** New findings from the Commonwealth Scientific and Industrial Research Organisation (CSIRO) show higher egg consumption is associated with having a better quality diet.

Findings from the Healthy Diet Score report indicate that Australians are consuming 5.7 eggs per week – almost an egg a day. Eggs provide an easy, low cost, protein and nutrient rich meal for breakfast, lunch or dinner to aid in achieving a better quality diet.

The Healthy Diet Score report summarises results from over 86,500 adults who have completed the scientifically validated online survey CSIRO Healthy Diet Score. The survey assesses an individual's self-reported food intake against the Australian Dietary Guidelines.

According to the Australian Dietary Guidelines (Australian Government, National Health and Medical Research Council, Department of Health and Ageing (2013), "Australian Dietary Guidelines", <https://www.eatforhealth.gov.au/guidelines>, page 51), *there do not appear to be any increased health risks associated with consumption of eggs. There is recent evidence to suggest that consumption of eggs **every day** is not associated with increased risk of coronary heart disease.*

For good health, the Guidelines recommend daily inclusion of foods from the protein group, including eggs. Two large eggs (120g) provide one serve of protein.

The new research showed that Australians under 35 are eating the most eggs, with consumers over 60 eating far fewer. This indicates the potential for older Australians in particular to include more eggs in their daily diet, which could assist in meeting their daily nutritional requirements.

**Professor Manny Noakes**, BSc, Dip Nut&Diet, PhD, Research Director for Nutrition and Health at CSIRO, believes the research supports that eggs are OK every day.

*"We all need to eat fewer junk foods and add more wholefoods to our diets for overall better health. Our research showed that higher egg consumption was associated with a higher diet quality score. Eggs are an extremely nutritious wholefood – a great choice in a healthy and balanced daily diet."*

Eggs are a source of high-quality protein and contain 11 essential vitamins and minerals and now they are OK every day.

Look out for the OK Every Day logo on your egg carton – coming to a shelf near you soon!

For more information, visit [www.australianeggs.org.au](http://www.australianeggs.org.au).

- ENDS -

### For all enquiries, please contact Pulse Communications:

Alexandra Michailidis  
P: 02 8437 5358  
E: [alex@pulsecom.com.au](mailto:alex@pulsecom.com.au)

Georgie Zonneveld  
P: 02 8437 5335  
E: [georgie@pulsecom.com.au](mailto:georgie@pulsecom.com.au)

### About the CSIRO Healthy Diet Score

The CSIRO Healthy Diet Score is a scientifically validated survey that assesses a person's diet against Australia's healthy eating guidelines, providing a single dietary quality score on a 100-point scale. An individual's score is based on food variety, frequency, quantity as well as attributes such as age and gender. In addition to their overall score, people who complete the online assessment will receive feedback on how they can improve their diet.

### About AECL

The Australian Egg Corporation Limited (AECL) is an Industry Services Body (ISB) or provider of Marketing and Research & Development (R&D)

services for the benefit of all stakeholders, principally egg producers.

For information about the AECL visit [www.australianeggs.org.au/who-we-are](http://www.australianeggs.org.au/who-we-are), to learn more about eggs visit [www.australianeggs.org.au](http://www.australianeggs.org.au), or connect with us on [www.facebook.com/AustralianEggs](https://www.facebook.com/AustralianEggs)

Wondering if eggs are good for you? Without a doubt, there are a number of benefits to eating eggs every day. Learn about the proven [health benefits of eating eggs here](#).