

New Research Reveals Eggs Contain 82% of Daily Vitamin D Intake

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- **Eggs are one of the highest natural sources of vitamin D**
- **An average serve of eggs provides 82 per cent to help Aussies achieve the recommended vitamin D intake**
- **Australians are now consuming 17 million eggs per day, over two million more than 2017**

Vitamin D deficiency is common in Australia with almost a quarter of adults having a mild or moderate deficiency. Latest research from Australian Eggs found an average serve of eggs (2 x 60g eggs) provides a substantial portion of the recommended dietary vitamin D intake, proving that eggs are one of the highest natural sources of vitamin D.

As advancements in research continues to uncover the proven nutritional benefits of the humble egg, Australians are upping their daily consumption to an average of 17 million eggs per day – that’s approximately 245 eggs per person, per year.

Vitamin D deficiencies more than double in winter months, The Australian Health Survey reveals that deficiency rates range from 36% in winter to 14% in summer[1]. Many Australians will be quick to reach for supplements with nearly half of Aussies said to take vitamins and supplements.[2]

With the high cost of supplements and speculation around their health benefits, experts advise sticking to natural food sources where possible. With an average serve of eggs offering 82 per cent of the recommended dietary intake, eggs are a preferable choice for Aussies who would consider supplements and for those looking to boost their vitamin D levels this winter.

Australian General Practitioner, Dr Ginni Mansberg has commented: "Australians are confidently reaching for a carton of eggs more than ever before. In just one egg there are 11 different vitamins and nutrients, packed into just 300 kilojoules."

In Australia, it's actually very hard to get more than about 5 or 10 per cent of our D requirement from most food, because we don't fortify by adding vitamin D to many things. This could be a massive game changer for those suffering from Vitamin D deficiencies."

Vitamin D is essential for the body to absorb calcium effectively, which is important for bone health and muscle function. Severe vitamin D deficiencies could have major health ramifications – linked to serious conditions such as osteoporosis, diabetes and multiple sclerosis.

"Eggs might be able to help keep vitamin D levels high to lower the risk of disease, maintain strong bones and teeth, as well as lowering the risk of cardiovascular disease. Eggs are a highly nutritious food and should be included daily as part of a healthy and balanced diet," said Dr Mansberg.

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Media enquiries

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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](#).

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4152924/>

[2] <http://www.roymorgan.com/findings/7598-health-medications-taken-december-2017-201805201234>

Frequently Asked Questions

Do Eggs Contain Vitamin D?

Eggs are one of the highest natural sources of vitamin D.

Can I Get All My Vitamin D From Eggs?

An average serve of eggs provides 82 per cent to help Aussies achieve the recommended vitamin D intake.