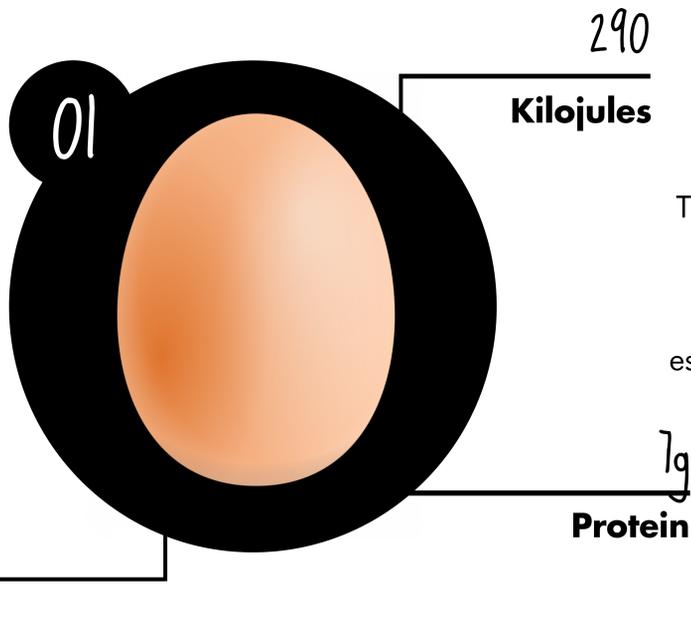
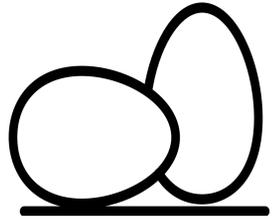
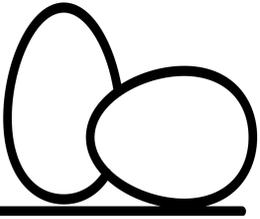


EGGS

ARE EGGS HEALTHY?

Eggs are really nutritious and full of protein. Eggs are a healthy, natural whole food that experts say you can enjoy every day.

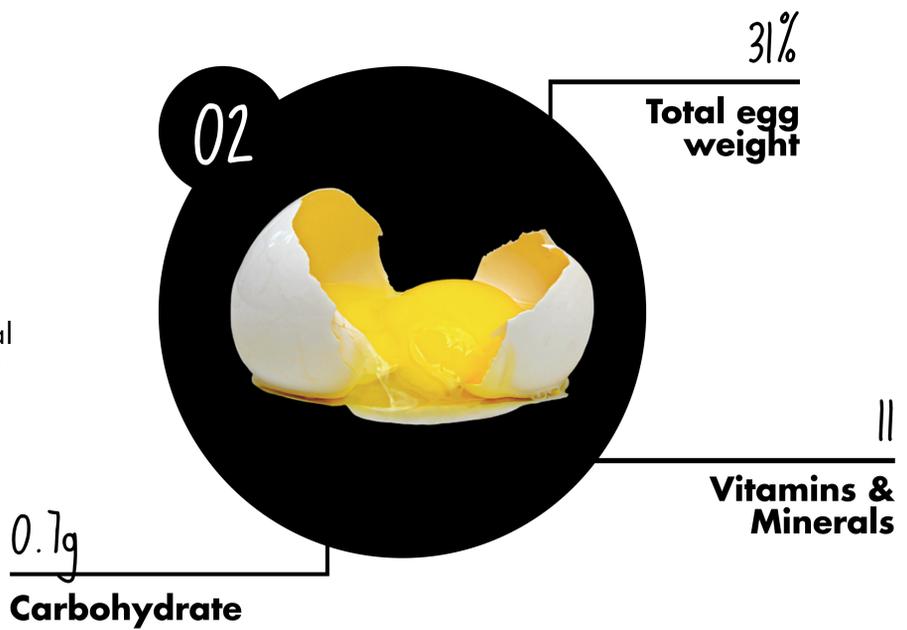


What's in an egg?

The main components of an egg are the egg yolk and the egg white. These are the parts that we eat and that are very healthy for us. Eggs are high in quality animal protein and contain all the essential amino acids that humans need. Eggs are also an unbeatable source of folate for mums to be.

The Egg Yolk

The yolk is held together inside a fine elastic cover called the vitelline membrane. The colour of the yolk is determined by the hen's diet. A round white spot called the germinal disc can be seen on the surface of the yolk. In fertile eggs this is where the chick starts to develop. In eggs produced for us to eat, the germinal disc remains a small white spot.



03

58%
Total egg weight

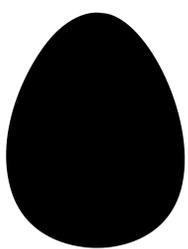
The Egg White

There are two layers in the egg white. A thick layer of white immediately surrounds and acts as a cushion for the yolk. In this thick layer of egg white are the chalazae. These are rope-like cords which are attached to each end of the yolk. The chalazae act as anchors to hold the yolk in the centre of the egg.

68
Kilojules

10%
Protein

Benefits of Eggs



Eating more eggs is a fantastic way to give yourself a health boost. Eating whole eggs is vital: the goodness of eggs is found in the yolk (containing over 90 percent of an egg's calcium and iron) and the white (containing almost half the egg's protein). If you're not eating eggs regularly, start today!

Sources:

<http://www.eggs.org.au/health-and-nutrition/ok-everyday>

<https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition/protein-foods/eggs>

<http://www.eggs.org.au/health-and-nutrition/nutrition-content-of-eggs/>

<http://www.eggs.org.au/>

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