



Head over Meals

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Super Food: *EGGS*

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Eggs are a prevalent dietary item across various cultures globally and are frequently included in breakfast menus, baked goods, and several other culinary preparations. They are an outstanding source of protein and a diverse range of vital nutrients, which makes them a highly beneficial inclusion in any diet.

Eggs are a rich source of high-quality protein, containing all the essential vitamins A, B2, B6, B12, D, E, and K as well as minerals like iron, zinc, and selenium. These nutrients play essential roles in maintaining good health, building strong muscles, increasing energy production, and preventing chronic disease. The protein in eggs helps weight loss as it keeps the stomach feeling full longer.



Previously, there was a debate on whether eggs were beneficial or harmful for health, mainly due to their cholesterol content. However, the prevailing viewpoint nowadays is that consuming eggs in moderate amounts can be beneficial for health as studies reveal that eggs contain choline, which has a significant role in breaking down homocysteine, an amino acid that could potentially contribute to the development of heart disease. Thus, there is no concrete evidence that links egg consumption to increase in bad cholesterol.

A fact people often wonder is the existence of different-coloured chicken eggs. The genetics of a chicken primarily determine the colour of its eggs. The colour of a chicken's earlobes and feathers can indicate the colour of the eggs they lay. Lighter earlobes and white feathers often result in white eggs, while darker earlobes and coloured feathers usually produce coloured eggs. However, despite their appearance, there is no significant difference in taste or nutritional value between different-coloured chicken eggs.

In conclusion, eggs are a versatile and highly nutritious food that offers many health benefits. No matter how they are prepared, eggs are an easy and delicious way to incorporate essential nutrients into your diet.

FASCINATING FACTS ABOUT EGGS

EGG-CELLENT *Eggy Facts*

- 1 An average hen lays **300-325 EGGS** a year
 - 2 As a hen grows older she produces **LARGER EGGS**
 - 3 Eggs contain the **HIGHEST QUALITY PROTEIN** you can buy
 - 4 **LEFTOVER EGG WHITES** can be frozen in a zip lock bag until you're ready to use
 - 5 To tell if an **EGG IS FRESH** place it in a glass of water and if it sinks, it's still good
 - 6 If an egg is **ACCIDENTLY DROPPED** on the floor, sprinkle it heavily with salt for easy clean up
- EGG Hack**
- Australian eggs | Australian Eggs | australianeggs.org.au

Source: <https://myfoodblog.com.au/6-egg-cellent-egg-facts/#.ZE5-bHZBy3A>

References

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