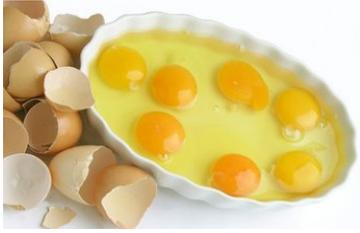


Egg, the Complete Food



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Eggs are nutrition dense & considered nutrition powerhouse with comprehensive nutrition contents, essential for human health.

Nutrients

Eggs contain best proteins, fats, vitamins, essential fatty acids, omega3, carbohydrate, minerals & others

Which all diseases may be prevented by regular consumption of eggs?

Many diseases are prevented, some of them as per specific nutrient are listed as under: -

Calories & Proteins: Malnutrition

Vitamin D: Diabetes, Heart disease, Cancers etc

Choline: Help brain development, memory, learning abilities & prevents Spinal neural defects in fetus.

Lutein/zeaxanthin: Maintain good eye health, prevent cataract & retinal disease.

Miscellaneous health benefits.

How important is egg white nutritionally?

Egg white essentially contains proteins, of high biological value & is low on calories and does not have fat & fat soluble vitamins. Consumption of egg white because of high protein content generates early satiety & makes one feel full stomach for longer & thus good for **those who want to reduce weight**.

Is it safe to eat raw egg white?

Egg whites are usually a safe food choice. However, they do carry some risks. There are some risks associated with eating raw egg whites, including allergic reactions, food poisoning and biotin deficiency. However, the risk for most people is small. The risk of food poisoning will reduce by boiling or frying.

Is it wise nutritionally to throw yellow yolk of the egg?

No, the Yolk contains 40% of the total proteins, all fats, fat soluble vitamins & other nutrients. Therefore, yellow of egg is nutritionally very useful & must be consumed.

Should one eat egg white or whole egg?

Egg whites are lower in calories than whole eggs. However, they also lack many of the beneficial nutrients found in egg yolks. Therefore, unless your aim is only to lose weight, whole

egg consumption is recommended.

How many eggs in a day should be consumed?

It is optimum to take two eggs a day. If one is required to take less cholesterol, then one can eat one whole egg and two egg whites.

Does colour of Eggs white or brown affect nutrition content?

No, nutrient contents are essentially similar independent of egg colour.

Does raising of hens affect nutrition contents of eggs?

Yes, if hen is fed on a specific diet, her eggs will have higher specific nutrition content, but at a higher cost.

Which is better fertilized or unfertilized egg?

A fertilized egg is one that has been laid by a chicken who has mated with a rooster. These eggs appear a slight bit more opaque than unfertile eggs. If you are getting farm-fresh eggs, you may be getting fertilized eggs, but eggs produced commercially are rarely fertilized. There is no significant nutritional difference in fertilized and unfertilized eggs.

Are Duck eggs superior to Chicken eggs?

Though eggs of both chicken & duck are good, but duck eggs have certain additional following merits: -

Duck eggs stay fresher longer, due to their thicker shell.

Duck eggs are richer, with more albumin which makes cakes and other pastries fluffier.

Duck eggs have more Omega-3 fatty acids.

People who cannot eat chicken eggs, due to allergies, can often eat duck eggs.

As the duck eggs have lower water content than chicken eggs, one should be careful when frying them, as overcooking can lead to a rubbery egg. The duck eggs do cook up fluffier.

Which eggs are better the store bought or from backyard bird?

The eggs from birds on varied natural diet like algae, spinach or grass etc or farm fresh are healthier.

Which are the best eggs to consume?

To get maximum nutrition from eggs one should purchase the freshest eggs, may be of backyard birds fed on natural varied diet. Organically raised chickens & chickens who are fed high levels of omega-3 fatty acids and other nutrients will have more nutritionally reinforced eggs but at a much a higher cost.

Which is the best form & preparation of egg to consume?

Boiled eggs are best if one wants to lose weight, else any other recipe & preparation is good.

How to find out whether egg is fresh or not?

There are various ways: -

Place the egg in question in a bowl or wide glass of cold water and see if it floats. There is a tiny air pocket inside eggs, and over time more and more air passes through their porous shells and into the egg. As more air enters the egg, the air pocket grows larger, making the egg more buoyant. If the egg lays on its side on the bottom of the bowl, it is at peak freshness. If the egg stands upright on one end but is still touching the bottom, it is aging past its prime but is still safe to eat. If the egg is floating, it is not a fresh egg. This does not necessarily mean it's bad or

unsafe to eat. You should test the egg by cracking it open and looking & smelling for signs that it has gone bad.

Hold the egg up to your ear and shake it, listening for a sloshing sound. As the egg ages and moisture and carbon dioxide escapes through the shell, the yolk and white begin to dry out and shrink, and the air pocket in the egg becomes bigger. A larger air pocket gives the egg more room to move around inside the shell and create a sloshing sound. A fresh egg should not make much, if any, sound when you shake it. A sloshing egg only indicates that the egg is old and does not mean the egg is unsafe for consumption.

Crack the egg open on a plate or in a large bowl and check the quality of the yolk and white. The integrity of the egg will lessen as it ages, so it won't hold together as well as a fresh egg. Notice if the egg seems to spread over a wide distance on the plate, or if it stays relatively compact. An egg that spreads or seems a little watery has a thinner white and is past its peak freshness. If the yolk is flat and breaks & moves around easily, the egg is old.

Look at the color of the egg white. A cloudy white indicates a very fresh egg. A clear white means the egg is older but may still be edible.

Break the egg open and notice if it smells. This is the best indicator of a bad egg. A bad egg will have a pungent, foul odor when you break it open. The sulfurous smell will be obvious as soon as the egg is cracked, and the egg should be thrown out.

Break the egg into a small dish and inspect the color.

The color of the yolk will change based on the diet of the hen who laid it, so the shade of yellow or orange nothing to do with freshness. Instead, inspect the egg white, or albumen. If it is pink, green, the egg has been contaminated by *Pseudomonas* bacteria and is not safe to eat. If you see black or green spots inside the egg, it has been contaminated by fungus and should be thrown away. If the yolk of a hard-cooked egg has a green ring around it, this means the egg has been overcooked or was cooked in water with a high iron content. This egg is still safe to eat. If there is a blood or meat spot on the egg, it is still safe to eat and does not mean the egg is contaminated or has gone bad. A blood spot occurs when a blood vessel ruptures when the egg is forming and has nothing to do with freshness.

How to store eggs?

If you receive your eggs unwashed and at room temperature, they do not need to be refrigerated.

Once an egg has cooled in the refrigerator, it is important to keep it at the same temperature. A cool egg in a warmer environment begins to sweat, which can encourage bacteria to grow on the outside of the egg. Because the egg shell is porous, it is sometimes possible for the bacteria on the shell to pass into through and contaminate the egg.

Conclusion

We must consume eggs “the best food” every day, for enjoying optimum health in all ages.