



# NUTRITION TIPS

## Basic Facts About Eggs

Eggs are one of nature's most nutritious creations. They are rich in protein, low in sodium, contain vitamins and minerals, are inexpensive, delicious and easy to prepare.

An egg is made up of three main parts: the shell, white and yolk. The shell and yolk usually vary in colour. The egg white or albumen accounts for most of the egg's liquid weight, and contains more than half of its total protein, niacin, riboflavin, chlorine, magnesium, potassium, sodium and sulphur. Egg yolk makes up about 33% of the liquid weight of eggs and contains all the fat, vitamin D and zinc. It also contains vitamins A and E, phosphorus, manganese, iodine, calcium and copper.

When eggs are no longer fresh, their white become thinner and the yolk flatter. When boiled then, they are relatively easier to peel. Eggs however do not depreciate in nutritional quality as they age.

## Eggs and Safety Considerations

As an egg gets older, water begins to move out of the egg white to the yolk, the yolk structure then begins to weaken, the egg white becomes thinner and the air space increases. Bacteria may then enter through the shell and cause the egg to rot. While an egg may not be contaminated when purchased, it can become infected with harmful microorganisms when exposed to unwholesome conditions. Bacteria can then spread from the egg to other foods, hands and worktops. Eating raw eggs or eggs with runny yolk can cause food poisoning, especially for babies and toddlers. This is why you should wash and dry your hands thoroughly after touching eggs or cooking with them. Be careful not to splash egg onto other foods and dishes, and cook dishes containing eggs until they are steaming hot all the way through. Eat foods containing eggs as soon as possible after preparation, or cool them quickly and

keep in the fridge.

## Nutritional benefits of Eggs

Eggs are a good part of a healthy balanced diet. They contain proteins of the highest quality that can be found in any food as these proteins contain all the nine amino acids essential for children's growth and health. Eating eggs can help improve vision and enhance skeletal growth in children since eggs contain vitamins A and D, and calcium. Although eggs contain cholesterol, healthy children can consume an egg a day without any adverse effect. Every cell in the body needs cholesterol and eating this number of eggs a day will supply your child's body with all the cholesterol he needs. You can make him a breakfast of scrambled egg on a slice of bread with some onions and tomatoes or boiled egg sliced into salad leaves, boiled potatoes, tomatoes and boiled fish. While fried eggs are higher in fat than boiled eggs there's nothing wrong with giving this to your child occasionally.

### \* For more information on child nutrition

Visit the Olu Akinkugbe Foundation  
Child Nutrition Centre  
at  
**Friesland Foods WAMCO Nigeria PLC,**  
Plot 7b Acme Road, Ogba, Lagos.

#### Visiting Hours:

10.00 am - 12 noon and 2.00 pm - 3.30 pm.  
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