

## Eggs have a good story to tell...

### 1. Time to put eggs back on the menu:

- Eggs are listed along with vegetables, fruits, whole grains, fish, and nuts as “nutrient-dense foods”, or “foods that are naturally rich in vitamins, minerals, and other substances that may have positive health effects, and are lean or low in solid fats and without added solid fats, sugars, starches, or sodium and that retain naturally-occurring components such as fibre”.

Reference: <http://www.washingtonpost.com/blogs/wonkblog/wp/2015/02/10/feds-poised-to-withdraw-longstanding-warningsabout-dietary-cholesterol/>

### 2. An egg every other day could keep diabetes at bay:

- Men who ate around four eggs a week had a lower risk of developing type 2 diabetes than those who ate about one a week only, according to researchers in Finland. The study, published in the American Journal of Clinical Nutrition in April 2015, is believed to be the first to show eggs offer a specific benefit in reducing the risk for type 2 diabetes.

Reference: Virtanen, J K, Mursu, J et al Egg consumption and risk of incident type 2 diabetes in men: the Kuopio Ischaemic Heart Disease Risk Factor Study . Am J Clin Nutr. 2015 May;101(5):1088-96. doi: 10.3945/ajcn.114.104109. Epub 2015 Apr 1.

### 3. An egg a day benefits diabetics:

- Twenty-nine patients with type 2 diabetes were allocated to consume breakfasts with the same amount of calories containing either an egg or a bowl of oatmeal for 5 weeks. After a 3 week washout period during which time neither eggs nor oatmeal were included in their diet, they were assigned the alternate breakfast for 5 weeks.
- After the 13 weeks there were no significant differences in blood glucose or blood lipid levels, such as total and LDL (bad) cholesterol. It turned out that both were equally good.
- However, the levels of markers for chronic inflammatory processes were significantly reduced when people were eating an egg a day.

Reference: Kim J E, Gordan S L et al. Effects of egg consumption on carotenoid absorption from consumed raw vegetables. Am Jnl Clin Nutr. 2015; 102(1):75 – 83.

### 4. Researchers aim to create non-allergenic eggs:

- Researchers in Australia have launched a project aiming to produce chickens that lay eggs without the proteins that cause allergic reactions in humans. If successful, the eggs could offer relief to parents of children with allergies, and potentially produce safer vaccines.
- Even traces of egg white in food can spark a reaction in those severely allergic, and most with an allergy are unable to receive a flu vaccine.
- The British Egg Industry Council recommends women eat eggs while pregnant, as research has shown this may help build a tolerance in the unborn child. They add that offering infants a small amount of egg when first introducing solid food may have a similar effect.

Reference: <http://www.worldpoultry.net/Layers/Eggs/2015/5/Researchers-aim-to-create-non-allergenic-eggs1767033W/>