

World Egg Day 2023: Eggs for a healthy future

On Friday 13 October, egg enthusiasts worldwide will come together to recognise the remarkable nutritional and societal benefits of eggs.

[World Egg Day](#) is observed on the second Friday of October every year and invites individuals from all walks of life to appreciate and celebrate the exceptional contribution eggs make in supporting people globally.

Renowned for their protein and nutrient density, eggs stand among the most nourishing foods on the planet. One large egg contains 13 essential vitamins along with 7g of protein, making it a valuable and cost-effective dietary addition suitable for individuals of all ages, worldwide.

Importantly, eggs can combat common nutrient deficiencies that often go unaddressed but are crucial for maintaining optimal human health and performance. Eggs contain an array of essential nutrients, including choline, which aids in brain development and function; vitamin A, promoting eye health, resilient skin and a robust immune system, and vitamin D, playing a pivotal role in bone health. Furthermore, eggs are packed with high-quality protein, essential for the strength and repair of muscles and tissues.

Beyond their nutritional powers, eggs proudly rank as one of the most sustainable and affordable animal-source proteins.

The good news is that the South African Department of Health's dietary guidelines encourages us to eat eggs in moderation every day. This is not surprising considering eggs offer a lot of nutritional bang for your buck when it comes to a healthy and balanced diet.

So be sure to include affordable eggs in your day, any time, any meal.

In light of the current bird flu outbreak, the South African Poultry Association (SAPA) would like to reassure South African consumers that eggs on the shelves at local retailers are safe for consumption, provided normal food-safety steps are followed when preparing meals. Shortages of eggs may be experienced but SAPA is monitoring the situation closely and will continue engaging with the Department of Agriculture, land reform, rural development, and other relevant stakeholders for regular updates.