

# Won't eat eggs? Think again

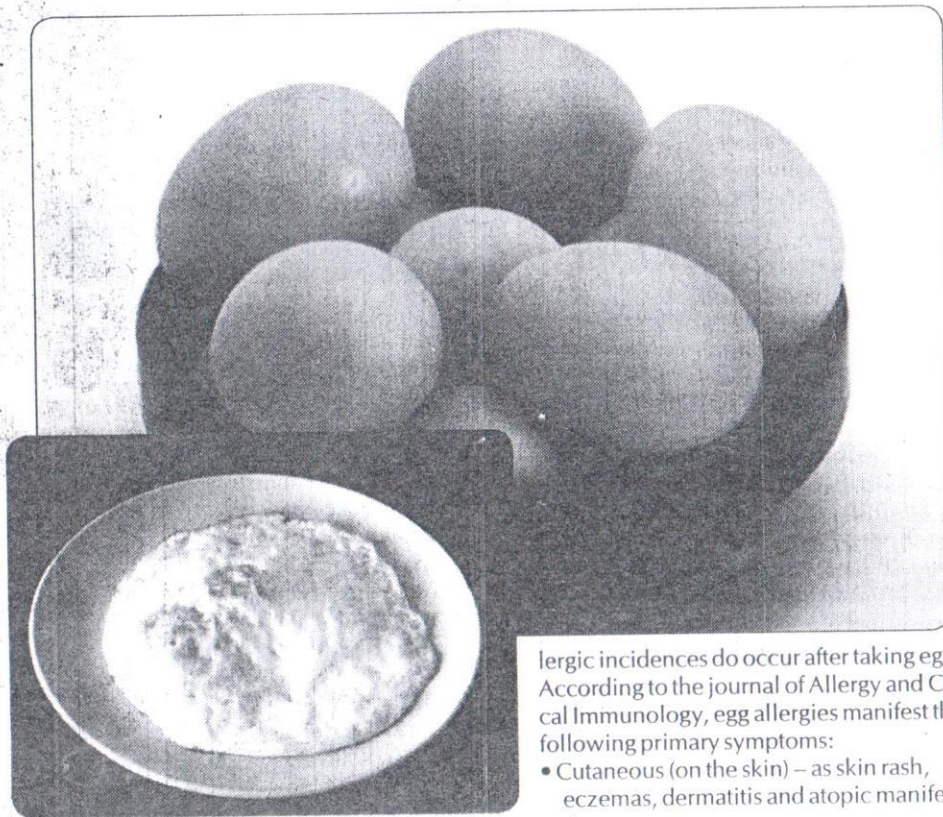
GOOD LIVING

BY SOLOMON KARANJA

Chicken provide food the world over, currently estimated at over eight billion birds annually. In the US alone, the average person takes 15kg of chicken and over 300 eggs every year. In a typical year in 1960's the USA produced over three billion chicken. The bird's egg is the most nutritionally complete food found in nature and humans can benefit from this resource, though we need to balance with the biological objective of the egg to form a new bird.

Eggs provide a wide variety of easily digested high quality nutrients that are of great value to the body's healthy, especially for children and adolescents during their growth period. The protein in the egg – at 12.5 per cent – with albumins in the egg white and phosphor proteins and lipoproteins in the yolk has proportions of amino acids that are almost ideal for humans.

The proteins are easily digested and well assimilated. The yolk contains lecithin, which facilitates the formation of emulsion (a mixture of oil and water), giving the egg its emulsifier properties. Eggs are used as the basis for preparing mayonnaise and sauces useful in food service establishments because of the emulsifying characteristics. The fat component in eggs at 10 per cent of edible portion is composed of triglycerides containing polyunsaturated fatty acids and phospholipids and cholesterol at 250 mg for a 65gms weighing egg. The egg contains vitamins A, E and D, which are oil-soluble and B group including B12, which are water-soluble.



They contain all minerals with relatively high sodium content as well as Zinc and Selenium, which are important anti-oxidants in the body. Eggs are useful in gout as a protein source as they don't produce uric acid like other proteins sources like legumes, meat and fish. Cooking does not alter the eggs nutritional content significantly. Recommended upper limit is 10 eggs weekly from all sources including biscuits and cakes. Drawbacks of eggs include lack of carbohydrates, calcium and vitamin C. Al-

lergic incidences do occur after taking eggs. According to the journal of Allergy and Clinical Immunology, egg allergies manifest the following primary symptoms:

- Cutaneous (on the skin) – as skin rash, eczemas, dermatitis and atopic manifestation.
- Digestive – as abnormal pain (colic) diarrhoea.
- Respiratory – as asthma attack that may be initiated or aggravated by egg consumption.

Eggs should never be given to children under one year of age to avoid allergic reactions and reduce chances of infections with such diseases as typhoid.

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