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## Eggs, the power-packed protein capsule

Hindustan Times (Gurugram) · 8 Oct 2021 · 03

On World Egg Day, today, let's have a close look at the health benefits of this power-packed source of protein. Whether scrambled, poached, sunny side up, or as omelets or quiches, eggs are easy to cook, versatile, and inexpensive. They are a good choice as part of a healthy, balanced diet. Besides being a source of protein, they also contain vitamins and minerals.



**Incredibly nutritious**

High in cholesterol, but doesn't adversely affect blood cholesterol

Raises HDL cholesterol (the 'Good' cholesterol) Contains choline — an important nutrient that most people don't get enough of

Linked to reduced risk of heart disease

Contain lutein and zeaxanthin — antioxidants that have major benefits for eye health

Omega-3 or pastured eggs lower triglycerides

High in quality protein, with all the essential amino acids in the right ratios

Doesn't raise your risk of heart disease and may reduce the risk of stroke

Filling and tends to make you eat fewer calories, helping you lose weight

**THE IMMUNITY BOOSTER**

Adequate protein intake is important to support immune response. And eggs are a great way to do this since they also contain nutrients such as vitamin D and E, zinc and selenium, which is needed for proper immune functioning. Eggs come packed with a lot of amino acids and antioxidants, which improve your health and keep your immune system functioning in the best possible way.

They also contain another nutrient, riboflavin, which is vital for core development and growth. Eating two eggs a day can really help fight off infections and keep the body healthy.

Eating eggs also help in faster recovery of Covid-19 patients. And that's why in a lot of coronavirus quarantine facilities around the world, patients in recovery are offered eggs with their daily meals. In a welcome move, authorities are also providing healthcare workers and frontline heroes eggs daily to boost immunity.

**GOING THE EGG'XTRA WAY FOR HEALTH** Weight loss:

If you are trying to cut back on calories, choose poached or boiled eggs. These cooking methods don't add any extra fat calories, so the meal will be lower in calories than fried or scrambled eggs or an omelet.

Hard-boiled eggs are healthy and portable! This makes them a perfect preor post-workout snack and are ideal if you are on a powerlifting diet. To hard boil eggs, bring a pot of water to a boil. Gently add eggs using a spoon, so the shells don't break as you put them in the pot.

Overall, shorter and lower heat cooking methods cause less cholesterol oxidation and help retain most of eggs' nutrients. For this reason, poached and boiled eggs may be the healthiest kind to eat.

Antioxidants lutein and zeaxanthin found in eggs are known to improve eyesight. The yolks contain vitamin A, lutein, zeaxanthin, and zinc, which are all vital for healthy eyes. Vitamin A safeguards the cornea while zinc contributes to the health of the retina. Meanwhile, the special nutrient, choline, found in eggs helps metabolise fat, maintain healthy cell membranes and improves brain function and memory. Choline is difficult to find in other commonly eaten foods. It is an important micronutrient that the human body uses to create acetylcholine — a neurotransmitter that helps regulate mood and memory.