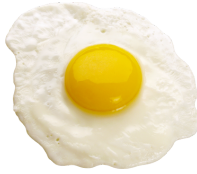


HEALTH EDUCATION



Get Cracking

Eggs are one of the few natural foods that are consumed across the world since ancient times. Consuming eggs is proven to have many benefits on health. It contains good amount of Protein, Vitamins, Minerals and other essential nutrients that are necessary for body's growth

Unfortunately, people seem to be afraid of consuming eggs considering that it might increase their blood cholesterol level. But eggs, in fact are incredibly healthy & nutritious part of diet.



NUTRIENT BENEFITS

Iron- Carries oxygen to the cells, helps prevent anemia

Vitamin A- Helps maintain healthy skin and eye tissue; assists in night vision

Vitamin D- Strengthens bones and teeth; may help protect against certain cancers and auto-immune diseases

Vitamin E- An antioxidant that plays a role in maintaining good health and preventing disease

Vitamin B12- helps to keep the body's nerve and blood cells healthy, protects against a type of anemia

Folate- Helps produce and maintain new cells; helps prevent a type of anemia, helps protect against serious birth defects if taken prior to pregnancy and during the first 3 months of pregnancy

Protein- Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body

Selenium- Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues

Lutein and zeaxanthin- Maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration

Choline- Plays a strong role in brain development and function

[Reference](#)