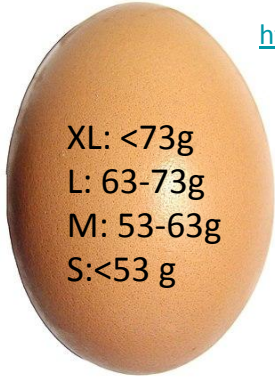


# EGG AS FOOD: VIQUIPÈDIA ARTICLE

[https://ca.wikipedia.org/wiki/Ou\\_\(aliment\)](https://ca.wikipedia.org/wiki/Ou_(aliment))



## LEGISLATION

Egg production: Regulation 2018/1584  
Egg comercialization: Regulation 589/2008  
Microbiological criteria on egg: Regulation 2073/2005  
Labeling: Regulation 589/2008

## CHOLESTEROL ON EGG

- No limitation on egg intake (USDA 2019)
- No relations between diseases like Ictus and Cholesterolemia

## BENEFITS OF EGGS ON

- Pregnancy
- Elderly

## REFERENCES

American Egg Board; Instituto de Estudios del Huevo; Donald McNamara.

## PROTEINS

Best aminoacid density : Animal Source  
Protein Source

## LIPIDS

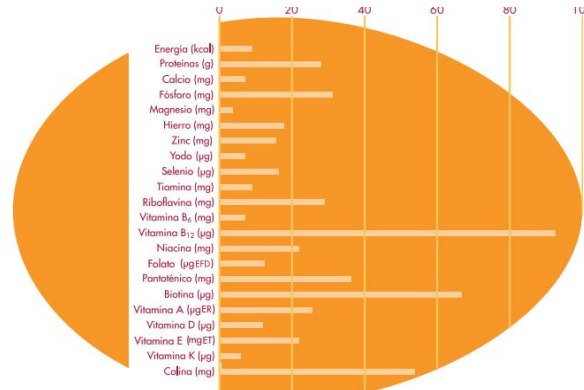
SFA/SFI recommended rate  
Lutein and Zeaxanthin : Prevents Macular Degeneration Associated on Age  
Choline: 550 mg/day Male  
425mg/day Female

## VITAMINS

A,D,E, B2, folic acid, Niacin, Riboflavin B12

## MINERALS

K, Zn, Se, Fe, I



## SALMONELLA REGULATION ON UE FARMS

## EGG AND DESEASE RELATIONS

- DIABETES
- ICTUS
- CHOLESTEROLEMIA

## ENGLISH SAYINGS WITH EGGS

## CONCLUSIONS

- There are a lot of studies that refute the myths of harmful eggs in health
- The egg is a superaliment and a good ingredient to cook variety of dishes
- A lot of desenvolupated countries have created egg associations to be know to peple the eggs benefits.
- It has been demonstrated that egg is a superaliment and also sostenible because it has his own packaging.

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