**EGG AS FOOD: VIQUIPÈDIA ARTICLE**

https://ca.wikipedia.org/wiki/Ou_(aliment)

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**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 developed countries have created egg associations to be know to people the eggs benefits.
- It has been demonstrated that egg is a superaliment and also sustainable because it has its own packaging.

**LEGISLATION**

- Egg production: Regulation 2018/1584
- Egg commercialization: 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 deseases like Ictus and Cholesterolemia

**BENEFITS OF EGGS ON**

- Pregnancy
- Elderly

**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**

**REFERENCES**

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