

# Ontario Department of Agriculture Women's Institute Branch



Because eggs rank high in the list of nutritious foods, add flavour to many an otherwise insipid dish and lend themselves to great variety in serving, they must be considered indispensable in planning the daily menu.

Eggs furnish building material for muscle and bone and are rich in vitamins, those efficient guardians of our health. They resemble meat in their richness in protein and may often take its place in the diet. They cannot be regarded as a substitute for milk but should be used to supplement it as egg yolk is rich in iron in which milk is deficient.

Although the white of the egg contains relatively little but protein and water, the proteins found in both white and yolk are of the best quality. The yolk is the most concentrated part of the egg. In addition to protein, it contains considerable fat and a good supply of iron, phosphorus and copper and some calcium. One egg yolk will supply one-tenth of the daily requirement of iron for an adult.

Eggs lack vitamin C, but the yolk is rich in the growth promoting vitamin A, in B-1 and B-2 and in the important vitamin D which protects against rickets in children. Aside from fish oils, egg yolk is one of the richest sources of vitamin D in the ordinary diet. The amount in egg yolk has been found sufficient, when one yolk a day is fed, to safeguard children from rickets during the late winter months. It is thought that the amount of this vitamin in eggs can be greatly increased by proper feeding and care of the hens. Egg yolk alone is frequently added to the food supply of young children to furnish an additional amount of iron and vitamins A, B, and D.

Eggs do not add an excessive number of calories to the diet; consequently the weight reducing enthusiast need not be afraid to use them freely. For most people properly cooked eggs are digested quite readily and completely and are desirable in practically all diets. But even when eggs are used freely, a good supply of vegetables, fruit and milk should be included in the diet to keep the tissues and blood neutral, to supply bulk and to favour wholesome bacterial action in the digestive tract.