



Food for thought: Eggs

Those much maligned little packages of food can be your best food source-providing you know their source. This from Sally Fallon in Nourishing Traditions (p. 436): “Properly produced eggs are rich in just about every nutrient we have yet discovered, especially fat-soluble vitamins A & D. Eggs also provide sulphur-containing proteins, necessary for the integrity of cell membranes. They are an excellent source of special long-chain fatty acids called EPA and DHA, which play a vital role in the development of the nervous system in the infant and the maintenance of mental acuity in the adult.... Egg yolk is the most concentrated source known of choline, a B vitamin found in lecithin that is necessary for keeping the cholesterol moving in the blood stream.

“It pays to buy the best quality eggs you can find-eggs from chickens fed flax or fish meal or, better yet, pasture fed so they can eat bugs and worms. Their nutritional qualities are far superior to those of battery-raised eggs and even many so-called ‘free range’ eggs. In particular, they contain a better fatty acid profile, one in which the omega-3 and omega-6 fatty acids exist in an almost one-to-one ratio.... Other very-long-chain and highly unsaturated fatty acids-necessary for the development of the brain-are found in properly produced eggs but are almost wholly absent in most commercial eggs.”

Also from Fallon’s book, a quote from Tom Valentine (p. 439) : “The egg from the chicken is considered to be the ‘most complete’ protein source in a single food. In fact, the amino acid complex in eggs is so well proportioned that eggs are used as the reference point for judging the quality of protein in other foods. A good quality egg is particularly high in methionine, an amino acid largely missing from the ... grains. Good quality eggs are an excellent source of carotene and vitamin A, thiamin (vitamin B1) and niacin. Eggs are also one of the few viable sources of vitamin D. As for minerals, eggs are an outstanding source of ‘heme’ iron, a most absorbable form, plus calcium and phosphorus and trace minerals. As the ads have stated so well-it’s an ‘incredible, edible egg.



A lot of “food for thought” about such a little thing as an egg. Happy chewing!