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Eggs Spell Good Nutrition

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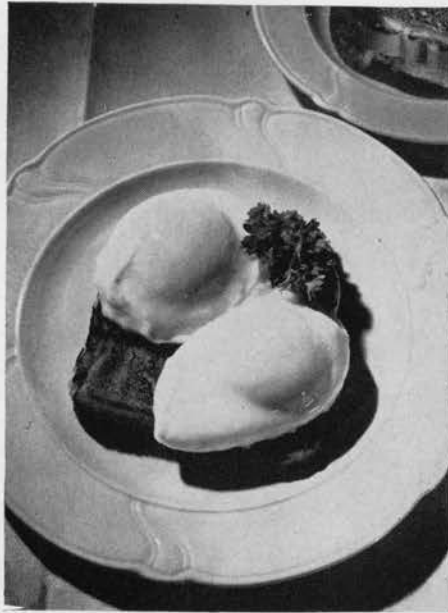


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These poached eggs served on toast make an attractive and nutritive luncheon serving

Eggs Spell Good Nutrition

Meat shortages have placed the unrationed egg in the food limelight, states Marian Loofe

EGGs as one of our vital protective foods are assuming an increasingly important role in the war-time menu.

Eggs serve to balance our modern diets which are composed of highly processed foods low in food nutrients. An average egg supplies from 3 to 16 percent of the daily requirement of those essential nutrients which are most likely to be deficient in the human diet.

The protein content is one of the most important constituents of eggs in these days of meat rationing. One average egg will supply 10 percent of the daily protein requirement for an average adult. This protein is of an exceptionally high nutritive quality and is essential to body building and repair.

Eggs are also high in vitamin content. As much as 16 percent of the daily requirement of vitamin A and lesser quantities of every vitamin except vitamin C may be contained in an average-sized egg.

Some of the hard-to-get daily essentials of the average diet are the minerals. Eggs provide four of these: iron, phosphorus, calcium and copper. Iron is found in the largest quantity with as much as 13 percent of the daily requirement in one average egg.

The nutritional quality of eggs which serves to class them as a protective food varies slightly depending upon the feed which is given the chickens. The vitamin A content, for example, can be increased three to four times by a change in rations. There are also many seasonal variations in nutritive qualities of eggs.

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