

Why one egg a day can power our health and prosperity



In homes, schools, and markets across Uganda, a small and familiar food carries extraordinary potential. Often enjoyed as a quick breakfast or wrapped in a roadside Rolex, the egg is far more than a simple meal. It is one of the most affordable and powerful tools available to strengthen our nation's health, intelligence, and long-term economic productivity.

As Uganda advances toward Middle-Income status, the strength of our future will depend on the well-being and capability of our people. Good nutrition is not merely a health concern, it is a national development strategy. Among accessible animal-source foods, eggs stand out for their nutritional completeness, affordability, and cultural acceptance.

For children, particularly during the first 1,000 days of life, nutrition shapes lifelong outcomes. Eggs are one of the richest natural sources of choline, essential for brain development, memory formation, and emotional regulation. Many plant-based diets provide limited choline, making eggs especially valuable in improving childhood nutrition. They also deliver high-quality protein, omega-3 fatty acids, and essential vitamins and minerals that support physical growth and cognitive performance. Evidence from comparable countries shows that children who consume one egg daily are significantly less likely to experience stunting. Ensuring access to one egg per day could enhance school performance, strengthen immunity, and improve long-term productivity in Uganda.

The value of eggs extends beyond childhood. For young adults, eggs provide complete protein containing all essential amino acids, supporting muscle development, sustained energy, and workplace productivity, which are all key drivers of national growth.

For older adults, aging increases the risk of muscle loss and vision challenges. Eggs offer easily absorbed protein alongside antioxidants such as lutein and zeaxanthin, which help protect eye health and support healthy aging. For individuals recovering from illness, egg protein is highly bioavailable, promoting tissue repair without burdening digestion. For vulnerable households, an egg functions almost like a natural multivitamin, delivering vitamins A, B12, D, and E, as well as selenium and zinc that strengthen immunity.

As global food prices fluctuate and the cost of meat and fish rises, eggs remain one of Uganda's most affordable sources of high-quality protein. The growth of the poultry sector has improved availability, making eggs accessible across income levels. They provide concentrated nutrition in small portions, require minimal cooking time, limited fuel, and simple storage when consumed fresh thus reducing household costs while maximizing nutritional benefit.

Countries that have prioritised egg consumption have recorded improvements in public health and reductions in childhood malnutrition. Uganda has the same opportunity. Promoting an 'Egg a Day' culture can improve national nutrition, stimulate rural poultry farming, create employment, and reduce long-term healthcare costs.

Uganda's journey towards lasting prosperity begins at the table. Eggs should no longer be viewed as an occasional luxury, but as an everyday nutritional necessity especially for children and vulnerable populations.

Whether boiled, scrambled, or served in a Rolex, placing one egg on every plate each day is a simple, affordable, and powerful investment in our nation's health, intelligence, and resilience. Within that golden shell lies not just nourishment, but the promise of a stronger Uganda.

Dr. Ali Abdullahi Sugaal
sugaal1123@gmail.com