



## Why you should eat more eggs

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There was a period when my diet was entirely made up of eggs. I know I am not the only one. There are so many rea-

sons why busy young people spice their daily meals with eggs.

Eggs are not only easy to cook, the possibilities and combinations are endless. Boiled, fried, scrambled, healthy salad, a fancy egg Benedict or the acclaimed Ugan-

dan delicacy, the *rolex*, there is so much one can do with so little.

As doctor Doreen Kagezi points out, eggs contain a combination of high quality proteins found in all foods.

Apart from protein, eggs con-

tain choline, which promotes normal cell activity, liver function and the transportation of nutrients throughout the body.

For those who watch what they eat, eggs have no sugar and absolutely no carbohydrates.

"A single egg contains 70 calories, six grammes of protein, and 250 milligrammes of choline," Sheila Karungi, a nutritionist, says.

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# The benefits of eating eggs

Eggs are an excellent source of high quality protein. Moderate consumption of eggs will help you to lose weight, build muscles.

## Low cholesterol levels

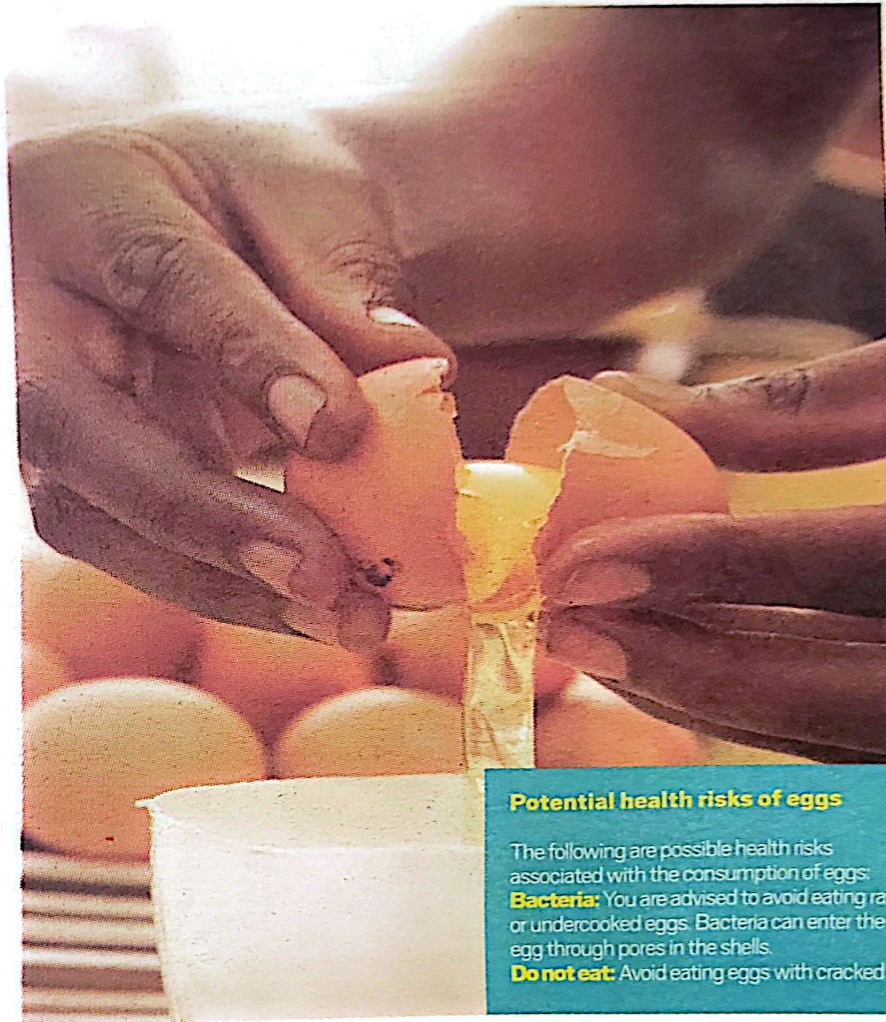
If you are into healthy eating, you have probably been shying away from the egg recipes because of potential cholesterol issues.

Cholesterol is a type of fat found in the body whose high levels increase the risk of heart disease and stroke.

Dr Kagezi says more than 40 years of research have demonstrated that eggs are lower in cholesterol levels than previously recorded.

## Weight management

"One of the biggest steps in weight management is to eat meals that fill you up so there is no temptation to



### Potential health risks of eggs

The following are possible health risks associated with the consumption of eggs:

**Bacteria:** You are advised to avoid eating raw or undercooked eggs. Bacteria can enter the egg through pores in the shells.

**Do not eat:** Avoid eating eggs with cracked

shells because they might be contaminated.

eat snacks in between. Eating eggs for breakfast reduces hunger and decreases calorie consumption at lunch and throughout the day," says Kagezi.

According to Karungi, the protein in eggs provides steady and sustained energy because it does not cause a surge in blood sugar or insulin levels, which can lead to a rebound effect or energy "crash" as blood sugar levels drop.

Because eggs contain one of the highest quality proteins and have varying amounts of several B vitamins such as thiamin, riboflavin, folate, B12 and B6 that are required for the production of energy in the body, they are very essential in building muscles, preventing muscle loss and allow one to stay energised.

Dr Kagezi, however, cautions against over consumption. "Just like everything else, over consumption of eggs can be harmful. The body will store the extra fat in your skin leading to obesity which causes high blood pressure," she adds.

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**Storage:** Store eggs in the refrigerator. If they are left out at room temperature they can sweat, making it easier for bacteria to enter and grow. Eggs must be cooked thoroughly until the yolk is firm. Boiled eggs, for example, should not be runny.

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NUMBER OF MINUTES IT TAKES TO COOK A LARGE EGG

## FOOD WARS

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