

**Now I want to share with you about**

## **Eggs - The facts**

- Eggs are less nutritive and costlier than pulses, fruits, sprouts or groundnuts.
- Not easily digested. Nearly 30-50% of the egg white passes through the digestive tract undigested. Egg yolk contains cholesterol (a waxy alcohol) which deposits in the liver and blood vessels, hardening the arteries.
- One egg contains 250mg of cholesterol, mainly in the yolk.
- Eggs are deficient in essential elements – vitamins, B-complex, calcium, carbohydrates and cannot be recommended as the ideal food supplement especially to children.
- ‘Vegetarian eggs’ are a misnomer. In fact these eggs are only those which are unfertilized, still born or aborted.
- There is overwhelming medical evidence that the kidneys cannot handle so much high protein food.