

# OFFICIAL

## NEW ADVICE ON EGG SAFETY



**RUNNY  
EGGS SAFE  
FOR ALL!**

*– If they have the British Lion mark on*

**British Lion eggs** are approved by the Food Standards Agency to be served runny, or even raw, to pregnant women, young children and elderly people.

## THE FOOD STANDARDS AGENCY HAS CONFIRMED THAT **PREGNANT WOMEN, YOUNG CHILDREN AND ELDERLY PEOPLE** CAN RETURN TO EATING RUNNY EGGS – AS LONG AS THEY HAVE THE BRITISH LION STAMP ON.

The new advice, confirmed in October 2017, replaces the previous warning that vulnerable groups should eat eggs only when fully cooked. **The British Lion Code of Practice has effectively eliminated salmonella from British Lion eggs** so people of all ages can now enjoy the goodness of eggs, however they like to eat them.

## NUTRITION FOR ALL AGES

**Eggs are one of the most nutritious foods for people of all ages.** They contain high quality protein and are a natural source of vitamin D, selenium, iodine, folate, omega-3 fatty acids (as DHA), as well as containing vitamins B12, riboflavin (vitamin B2) and choline

**Eggs are an ideal weaning food for babies.** Not only are they full of important nutrients but there is also emerging evidence to suggest that introducing eggs when weaning may be associated with a reduced risk of egg allergy later in childhood.



**For older people, eggs are an excellent source of high quality protein, important for maintaining muscles, and of vitamin D, important for absorbing calcium and maintaining bones.** There is no limit on egg consumption for most people – previous warnings due to their cholesterol content have now been overturned as it is now known that the cholesterol found in eggs has no significant effect on blood cholesterol levels or heart disease risk in most people.



## LOOK FOR THE LION

- All British Lion eggs come from British hens vaccinated against salmonella
- British Lion eggs are produced to the highest standards of hygiene and food safety
- All British Lion eggs have a 'best before' date stamped on the shell as well as the box as a guarantee of freshness

British



Lion Eggs

## WHAT THE EXPERTS SAY...

### FOOD STANDARDS AGENCY:

Infants, children, pregnant women and elderly people can now safely eat raw or lightly cooked eggs that are produced under the **British Lion Code of Practice.**

### NHS CHOICES:

**Eggs are a good choice as part of a healthy, balanced diet.** As well as being a source of protein, they also contain vitamins and minerals. They can be part of a healthy meal that's quick and easy to make.

# THE GOOD EGG

Nutrition information Typical values	Per medium size egg (average 58g inc. shell)	Per 100g (content of 2 medium eggs excl. shell)
<b>Energy</b>	277kJ 66kcal	547kJ 131kcal
<b>Protein</b>	6.4g	12.6g
<b>Carbohydrate</b> of which sugars	0.0 0.0	0.0 0.0
<b>Fat</b> of which saturates monounsaturates polyunsaturates	4.6g 1.3g 1.7g 0.7g	9.0g 2.5g 3.4g 1.4g
<b>Fibre</b>	0.0g	0.0g
<b>Salt</b>	0.20g	0.39g

Vitamins and minerals	Per 100g (content of 2 medium eggs excl. shell)	% Nutrient Reference Value
<b>Vitamin A</b>	126mcg	16%
<b>Vitamin D</b>	3.2mcg	63%
<b>Riboflavin (B2)</b>	0.5mg	36%
<b>Vitamin B12</b>	2.7mcg	108%
<b>Folate</b>	47mcg	24%
<b>Iodine</b>	50mcg	34%
<b>Selenium</b>	23mcg	42%
<b>Choline</b>	285mg	71*
<b>DHA - an omega-3 fatty acid</b>	60mg	N/A

\*Adequate Intake (AI) - 400mg per day for adults (European Food Safety Authority 2016)

## LOOK FOR THE LION

Look for the **British Lion mark** as your guarantee that the eggs have been produced to the highest standards of food safety.

**www.egginfo.co.uk**

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