

NEW AUSTRALIAN RESEARCH LINKS EGGS AND VITAMIN D LEVELS

New peer-reviewed research commissioned by Australian Eggs and undertaken by Deakin University has found there is a positive link between eggs and vitamin D, to ultimately help Australians navigate the drop in vitamin D levels in wintertime.



Weekly consumption of at least 7 eggs can help to avoid a drop in vitamin D levels in the cooler months*



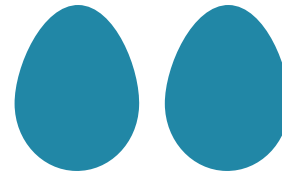
On average, Australians are consuming four eggs per week, which falls short of the seven required to help maintain vitamin D levels through the colder season*



Eggs are an excellent natural source of vitamin D



Eating eggs is found to be a safe, acceptable and effective way to help prevent wintertime drop in vitamin D levels



Did you know that a serving of two eggs has 82% of the recommended daily vitamin D intake for adults?

Despite our reputation as a sunburnt country Australia's vitamin D deficiency rate is among the highest in the world with...

36%

of Australians living with the deficiency in the winter months.



* Daly RM, De Ross B, Gianoudis J, Tan SY. Dose-Response Effect of Consuming Commercially Available Eggs on Wintertime Serum 25-hydroxyvitamin D Concentrations in Young Australian Adults: A 12 week Randomized Controlled Trial. J Nutr. 2022 Feb 26:nxac044. doi: 10.1093/jn/nxac044. Online ahead of print.