

How many eggs we should eat in a day?



Categories:

Health & Nutrition

The amount of eggs that you can eat each day varies depending on age and gender but the most common recommendation is two and half serves daily; two large eggs (120g) is equal to one serve. Eggs are nutritious, cost-effective and delicious. The CSIRO and Professor Manny Noakes have found higher egg consumption is associated with having a better quality diet.



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