

EDITORIAL



The Egg Nutrition Council (ENC) was pleased to once again be present at the 31st Dietitians Association of Australia annual conference held in sunny Brisbane in May. ENC member Dr Karam Kostner, Cardiologist and Lipidologist, Mater Adults Hospital and University of Queensland, Brisbane presented at the ENC breakfast during the conference, covering the latest recommendations for effective management of hyperlipidemia. The ENC stand in the exhibition area was well attended with plenty of interest in our materials and giveaways. To order more resources, please see overleaf for details.

To help us provide dietitians with the most valuable information about eggs and health in the future, the ENC conducted a survey that was completed by 178 dietitians in attendance at the conference. We thank those who participated and in this issue of *The Good Egg* we provide a summary of the results collated from this survey. The results highlight that while it is pleasing to see many dietitians discussing eggs regularly with their patients and clients, work is still to be done on addressing the eggs and cholesterol myth. We also know eggs are an ideal food for particular patient/client groups and remembering their valuable nutritional benefits for these groups is an area the ENC will be communicating more about in upcoming issues.

Enjoy this edition and please contact us if you have any feedback.

The Egg Nutrition Council

Dietitians Knowledgeable About Eggs

A survey conducted at the recent Dietitians Association of Australia (DAA) conference found most dietitians are up to date with information about eggs and their role in a healthy diet with 90% reporting they regularly discuss eggs with their patients and clients. Held in Brisbane in May 2014, the conference provided the Egg Nutrition Council with an opportunity to ask dietitians about their opinions regarding eggs and health. Not surprisingly, the most common type of client/patient that dietitians discuss eggs with are those with high cholesterol levels (82%), followed by vegetarians (52%) and those with allergies and intolerances (44%). On the other hand, while eggs contain high levels of many important nutrients required by women during pregnancy, only 1 in 5 dietitians surveyed discuss eggs regularly with their pregnant patients/clients.



Surprisingly, 30% of dietitians still recommend clients/patients with diabetes, cardiovascular disease or high cholesterol levels limit their egg consumption. This is despite research showing that eggs have little to no impact on the risk of heart disease¹ and that the effect of dietary cholesterol from eggs on plasma cholesterol levels is small, particularly if the background diet is low in saturated fat and/or eggs are part of a kilojoule controlled diet^{2,3}.

In relation to diabetes, a recent systematic review concluded that due to conflicting results, coupled with small sample sizes, findings in relation to egg intake and diabetes need additional investigation before they can be interpreted⁴. In the absence of sufficient research to support any changes to standard dietary advice, it is prudent to suggest that people with diabetes may follow the same guidelines as the rest of the population when it comes to egg intake.

In relation to the number of eggs recommended weekly, the majority of dietitians recommend 6 eggs a week, consistent with the current Heart Foundation position statement in this area. This varied however from 3 to 16 eggs a week.

While most dietitians source their information about eggs from the Heart Foundation (42%), only 4% source their information in this area from the Dietary Guidelines. It is worth noting that the Australian Dietary Guidelines state the following about eggs:

There is recent evidence to suggest that consumption of eggs every day is not associated with increased risk of coronary heart disease⁵.

In line with the Dietary Guidelines, the Egg Nutrition Council recommends eggs can be consumed daily as part of a diet that is varied, well balanced and provides foods from all major food groups in proportions suitable to meet an individual's energy needs.

The ENC thanks those dietitians who participated in the survey and looks forward to continuing to keep dietitians updated with the latest nutrition news on eggs and their role in health.

References:

1. Rong, Y. et al. *BMJ* 346, *BMJ*:346:e8539 (2013).
2. Weggemans, R. M., et al. *Am J Clin Nutr* 73, 885-891 (2001).
3. Pearce, K. L., et al. *Br J Nutr* Feb;105(4):584-92. (2011)
4. Tran, N. L., et al. *Diabetes Metab Syndr Obes* 7, 121-137, (2014).
5. NHMRC. Australian Dietary Guidelines. Report No. Cat No. 0326111, (Commonwealth Department of Health and Ageing, Canberra, 2013).

EGG-VESTIGATOR

Higher protein intake needed for older adults

A paper published in the Journal of Nutrition looked at whether protein intake influences unintentional weight loss in older adults. Of the 1793 subjects studied, 200 had lost more than 5% of their body weight in a one-year period. When compared to a control sample of weight stable subjects, those with relatively low daily protein intake (<0.8g/kg body weight) lost more weight than those who had a higher protein intake (>1.2g/kg body weight)¹. These results suggest that protein intakes of greater than 1g/kg body weight per day are protective against unintentional weight loss in older adults.

Australian women failing to meet the latest dietary recommendations

A recent study found that most women are not meeting the 2013 Australian Dietary Guidelines (ADG) for intakes of core food groups. More specifically, only 2% of women ate the recommended daily servings of vegetables and only half met the requirements for fruit. The intake of meats and alternatives was also inadequate with only 28% of young women (31-36 years old) eating the recommended 2.5 serves daily and only 10% of pregnant women reaching 3.5 serves². This highlights the need to explore ways to encourage women to increase consumption of core foods.

Protein and energy intake

A review of 38 published trials measuring ad libitum intake in subjects with different macronutrient contents revealed that the percentage of dietary protein was negatively associated with total energy intake. The protein intake in these studies ranged from between 8 to 54% of energy intake and the finding held true irrespective of whether carbohydrate or fat made up the protein gap³. This analysis strongly supports a role for increasing the protein content of the diet to assist individuals consume less energy overall.

References:

1. Gray-Donald et al. J Nutr; 144(3):321-6 (2014)
2. Mishra et al. Pub Health Nutr; published online: 04 March 2014
3. Gosby et al. Ob Rev, 15(3):183-91 (2014)

FOR MORE INFORMATION

If you would like to go on the mailing list to receive past and future editions of *The Good Egg*, e-newsletters, monthly research updates or nutrition and recipe leaflets contact Yelli at yelli@aecl.org.



MASTERCLASS

Research finds cracks in Aussie breakfast routine

Australian Eggs recently challenged Aussies to whip up a nutritious breakfast in 10 minutes or less with the incentive of winning a month's supply of groceries and a home-cooked breakfast by celebrity cook and trainer Luke Hines. The promotion followed research that shows most Australians are stuck in a breakfast rut with nearly four in ten reporting their breakfast choices don't keep them satisfied until lunchtime, making them more likely to snack between meals. With 42% sometimes or always skipping the first meal of the day and only 10% regularly trying new dishes, the 10 Minute Breakfast Challenge aimed to prove that an egg-based breakfast can keep you fuller for longer and set you up for the rest of the day – in 10 minutes or less!

As part of the promotion, Luke Hines produced an e book containing seven breakfast recipes using eggs that can be prepared in under 10 minutes. To download your copy of the e book go to <http://eggs.org.au/assets/FINAL-Eggs-eCookbook.pdf>



Eggs Infographic – Now Available!

To assist in educating the public about the benefits of a healthy breakfast, the ENC has developed a handy infographic resource, now available from our website. The infographic outlines the key benefits of eating breakfast and the positive influence this habit can have on health. It also provides a range of healthy breakfast ideas including the nutritional breakdown, and can be used when educating clients/patients about breakfast. To download your copy go to our website at <http://bit.ly/1jAaFZm>