

# How good is fluffy duck eggs?

Flipped duck eggs are considered to be a great tonic that can enhance physiology, but if eaten wrongly, it is harmful to health.

1. This is what happens in the stomach when you eat shrimp noodles
2. 5 dangerous diseases can be identified through daily drinking
3. 5 false taboos when caring for people with cancer

Mixed duck eggs, quail eggs are a delicious dish, containing many nutrients such as calcium, phosphorus, viamine . very good for health. This is a familiar choice for many breakfast dishes.

Although it is good and familiar, many people still do not know how to use it properly, they think that what is good should be eaten more and more often. But this is a serious mistake.

Mỗi người lớn khỏe mạnh tốt nhất chỉ nên ăn 2 quả trứng vịt lộn mỗi tuần.

**NĂNG LƯỢNG: 2800kcal**

**KHOÁNG CHẤT**

ĐỒNG	10ppm
SẮT	80ppm
MANGAN	90ppm

**DINH DƯỠNG**

CANXI	1%	VITAMIN A	100mg
PHỐT PHO	0,4%	VITAMIN D	15mg
NATRI	0,15%	VITAMIN E	20mg
AMINO ACID	0,9%	VITAMIN K	2,5mg

To help you better understand the effects and harms of fluffy duck eggs when eating too much, the following article will guide you how to eat duck eggs in a way that is beneficial to your health.

## 1. How to use duck eggs?



For children from 5 to 12 years old should only eat 1-2 quail eggs / day. With fluffy duck eggs only eat 1/2 fruit / day (1/2 duck egg equivalent equivalent 4-5 quail eggs). Eat 1-2 fruits a week, and only eat for 15 consecutive days. If parents give their children regular feedings, there will be an excess of vitamin A, leading to jaundice, epidermal peeling, and bone formation that will cause them to develop incomplete.

Similarly, children aged 12 and adults can eat 5 to 10 quail eggs a day. Or 1-2 duck eggs flipped (eat 2 - 3 consecutive months).

Children under 5 years of age should not eat because of the metabolism of the incomplete digestive system, easy to stomach, diarrhea . very harmful to health.

Children over 12 years old - adults use 1-2 eggs per day. Children from the age of 12 and over are the age of increasing height, if nourishing duck eggs will be very effective in maintaining blood, helping the mind, helping the body grow quickly . by high calcium content.

In addition, for obese people, the elderly, patients with high blood pressure, diabetes, dyslipidemia, cardiovascular disease should also limit this nutrient.

## 2. Which duck eggs should be eaten at the best time?



According to oriental medicine, fluffy duck eggs are a very nutritious dish, because in a duck egg, there will be 182 kcal of energy, 13.6 grams of protein, 12.4 grams of lipid, 82 mg of calcium, 212 grams of phosphorus and 600 mg cholesterol. In addition, there are many beta carotene, vitamins A, B, C, iron . These are very good nutrients for men who want to improve their physiological ability or help their bodies grow quickly, oxygen . .

Many such nutrients, so avoid eating eggs in the evening because it will cause discomfort, bloating and harmful to the digestive system. The most appropriate time to enjoy this dish is in the morning, but don't eat duck eggs too often, and should not eat too much each time.

### **3. Why eat duck eggs with lettuce and ginger?**



Mixed duck eggs are often served with laksa leaves, sliced ginger and a little salt. According to this idea, this is a harmonious combination, with the effect of taking care of blood, benefiting and brightening eyes, helping the body to grow quickly.

With laksa leaves have the effect of lightening the eyes, warm belly and fresh ginger taste pungent, warming the belly, anti-flatulence, stimulating digestion .

People who eat too many fluffy eggs daily and constantly increase their cholesterol levels in the blood, causing heart disease, blood pressure, diabetes ., increasing protein levels, not good for people with gout ( gout). Besides, for men when using too much laksa leaves will reduce sexual ability.



The appropriate amount of spices for a maximum of two eggs is about 5g of freshly sliced ginger, 5g of fresh laksa leaves.

#### **4. Notes when eating duck eggs**

1. When you want to use duck eggs to improve your health, it's best not to smoke cigarettes, avoid alcohol and alcoholic substances, this is not good for your body.
2. During the time of using duck eggs, you also need to limit the intake of liver types (chicken, duck, pig, cow .) or take medicine with vitamin A content above 1,000UI (because of the 100g duck eggs have been flipped There are 3.914UI vitamin A, not to mention vitamin A) because fluffy duck eggs already contain a lot of vitamin A, should not provide excessive amounts of vitamin A.
3. Eat enough food (especially fresh vegetables and fruits).
4. Exercise regularly and exercise regularly.
5. Mother elected to limit laksa leaves, ginger with duck eggs (because laksa leaves are good for normal people, but badly affects the fetus; fresh hot ginger can cause miscarriage (if the muscle is weak, ligaments are lax)).
6. Do not eat 2 fruits at the same time, do not eat at night because of indigestion, restless sleep.



Having fun!

You finished reading the article "**How good is fluffy duck eggs?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

---