

# Is egg yolk really beneficial or harmful?

Eat boiled eggs instead of frying, because peach eggs do not lose the essential nutrients needed. However, not all eggs can be re-eaten and everyone is fit to eat it.

Eggs are a favorite dish of many people, eggs have many different ways of processing and can create many delicious dishes.

Re-eggs are a dish that is no longer strange to us, especially for gentlemen, the egg combined with shrimp noodles is their favorite dish. But eating eggs is beneficial or harmful to your health, do you know? Join the Network Administrator to find the answer to make the most suitable choice for this dish.

Eggs are one of the healthiest foods in the world. In eggs contains a lot of nutrients that are good for the body health such as healthy protein, fat, choline . help protect the eyes and enhance your health.

With eggs we can prepare into many attractive dishes for the family such as: boiled, fried, steamed and especially the egg of peach heart is said to be the best way to absorb all the minerals and vitamins is healthier than eating cooked eggs.

## 1. Nutrients in peach eggs

Giá trị dinh dưỡng trong 50g trứng tái (sống)	
Năng lượng (Kcalo)	72
Protein (%RDI)	6
Chất béo (%RDI)	5
Vitamin A (%RDI)	9
Vitamin B2 (%RDI)	13
Vitamin B5 (%RDI)	8
Vitamin B12 (%RDI)	7
Selenium (%RDI)	22
Phốt pho (%RDI)	10
Folate (%RDI)	6
Choline (%mg)	147

In the egg of the peach heart, it is rich in protein, fat and vitamins, minerals, antioxidants that are good for health especially the eyes.

Many hobbyists eat eggs that only eat whites without the yolk. In fact, this diet is not good because most of the nutrients are concentrated in the yolk, while the whites contain only a lot of protein.

## 2. Benefits of eating peach eggs



1. **Enhance vitamin D for the body** : Besides the sun provides the body with a natural amount of vitamin D, eggs are also a good source of vitamin D. In a raw egg contains about 36% of the vitamin D, helps regulate the nervous system, cardiovascular system, osteoporosis and brain. Moreover, eggs also reduce the risk of cataracts and stimulate hair growth. If in the winter you feel you have not been able to get enough vitamin D for your body from the sun, then use egg yolk instead.
2. **More omega-3 intake** : Many people have a habit of eating boiled eggs carefully, but if boiled eggs are too ripe, healthy fats in the eggs will turn into substances that make the body feel difficult. towel in absorbing. So to ensure the nutrients as well as good health, enjoy a peach egg instead of a ripe egg, as the egg of the peach heart helps the body to fully absorb the omega-3 fatty acids, helping to reduce arthritis, reduce bad cholesterol, reduce anxiety.
3. **Vitamin A in eggs helps bright eyes** : Women need 700 micrograms of vitamin A every day while men need about 900 micrograms. Eating a peach egg can help you get about 74 micrograms. This nutrient helps your eyes work better. Replace fried eggs with a peach egg in the morning. Peach heart eggs contain vitamin A, an essential nutrient to maintain skin, teeth and bone health.
4. **Adding more biotin** : Biotin is an extremely important B vitamin in hair beauty, skin beauty, strong nails, functional support for the thyroid and adrenal glands, preventing the risk of cardiovascular disease . In addition, biotin also promotes more productive metabolism.
5. **Absorption of more choline** : Choline is an important nutrient similar to Vitamin B, and is often grouped into a group, considered as a member of the vitamin B complex (vitamin B-complex). ). Choline helps maintain the function of brain cells, and plays an important role for the comprehensive development and

functioning of the brain. The choline content in a boiled egg is up to 113 mg, much higher than meat and vegetables, fin fish so experts recommend eating peach eggs to supplement 20% of choline for the body.

### 3. The impact of eating peach eggs



Although peach eggs are a food that has many benefits for the body, but besides there are also harmful effects that consumers have to consider that they have chosen the source of eggs to ensure to avoid the harmful effects on the body. like.

1. Absorb less protein: Eggs are a food that provides the body with nine important amino acids, including proteins that our bodies cannot synthesize themselves. To absorb protein well when eating eggs, experts believe that eating eggs is better than raw eggs. Because ripe eggs provide up to 90% of protein, raw eggs are only 50%, so consider before choosing.
2. Raw eggs can be contaminated: Re-raw eggs or raw eggs contain salmonella bacteria in eggshells and whole egg. This bacterium will cause food poisoning. Symptoms of poisoning include abdominal pain, diarrhea, nausea, fever, and headache. They will appear after 6 to 48 hours from eating eggs and can last 3 to 7 days.

**Note to** avoid eating too many raw eggs or consuming foods that contain them like mayonnaise, fresh cream, .



**The following subjects are very susceptible to salmonella infection:**

1. **Pregnant women** : Pregnant women do not encourage eating peach eggs, because some types of bacteria in raw eggs will cause pregnant women to have uterine cramps, which can easily lead to risk of delivery. immature or fetal. Not only does the peach egg contain ingredients that can cause the pregnant woman to run a runny nose.
2. **Children, babies** : Although cherries have a lot of choline in eggs, it is very beneficial for your baby's brain development. But the child's immune system is too weak, if eating raw eggs can be susceptible to bacterial infection.
3. **Elderly** : There are many factors that make the elderly susceptible to this bacterium, such as old age affect the functioning of the digestive system.
4. **People with weak immune systems** : For people with a history of diseases such as diabetes, HIV or tumors need to limit the intake of raw or recurring eggs to the maximum.

## **4. How to reduce the risk of bacterial infection?**

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1. Buy clean eggs.
2. Store eggs in the refrigerator. Because if the eggs are kept at room temperature, the bacteria will increase rapidly.
3. Don't buy or consume expired eggs.
4. Remove cracked, infected eggs.

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