

## Need to be careful when using eggs

Using eggs incorrectly can cause bad effects on your body's health

Eggs are a nutritious food. However, the improper selection and processing of this food can cause adverse effects on the body's health.



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### **Here are the things to pay attention to when using eggs**

first

#### **The color of the eggshell does not determine the nutritional value**

When buying, we often choose eggs with bright pink shells. However, the reality is not so. The color of the eggshell is mainly caused by porphyrins and has absolutely no nutritional value.

The analysis has shown that the content of nutrients in eggs more or less is determined by the diet when taking care of animals.

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#### **Nutritional content varies in all ways of preparing eggs**

There are many methods of egg processing such as boiled, fried, steamed, salted,. However, in terms of the body's ability to absorb nutrients and digest this food, boiled eggs "stand up". top" with a maximum absorption capacity of 100%. Meanwhile, processing eggs by steaming method only achieves 98%, stir-fry 97%, fried

92.5% and bare eggs 30-50%.

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### **No need to add MSG when processing eggs**

Eggs contain ingredients such as Sodium, Glutamic Acid, Chlorine, etc. At high temperature, these substances combine and form a new substance, which is the sodium salt of Glutamic Acid. This substance is also one of the ingredients. The main ingredients that make up MSG but have the effect of enhancing the taste of food. Therefore, adding MSG when processing eggs will disrupt the structure of natural sodium salt atoms, thereby reducing the nutritional content of eggs.

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### **Boiling eggs for too long is not good**

Many people believe that, when processing, it is necessary to boil eggs for a long time to cook them thoroughly. This is absolutely not true because boiling eggs at high temperatures and for a long time will lead to biochemical reactions between iron and sulfur molecules in the egg's composition, thereby creating harmful residues. can reduce the body's ability to absorb iron or easily cause bloating and indigestion when eating.

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### **Do not combine eggs and soy milk**

Soy milk is sweet, cool, rich in fat, vegetable protein, carbon compounds, essential vitamins and minerals. However, soy milk also contains trypsinase. This substance, when combined with the albumin in eggs, will lose the nutrients found in the two foods.

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### **Elderly people should also eat eggs**

Many elderly people do not dare to eat eggs regularly because they think that eggs contain a lot of cholesterol. But in fact, this food is rich in lecithin, which is easily absorbed through the bloodstream and is very beneficial for restoring the activity of cells, avoiding aging.

In addition, Lecithin also helps "rejuvenate" nerve cells, preventing memory loss.

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### **Pregnant women eat more or less eggs depending on their health**

Women's bodies often lose a lot of energy after giving birth. The functioning of the digestive system is also impaired. Eating a lot of eggs after giving birth will easily cause phenomena such as bloating and indigestion due to the accumulation of Ammonia and Phenol in the intestinal tract.

Eating eggs more or less after giving birth depends on the health status of each person.

## Do not eat raw eggs

Not only is it not nutritious, but eating eggs unprocessed can increase the risk of bacterial infections for the body. Raw eggs contain many substances that are difficult to digest, easily causing abdominal pain, bloating, diarrhea, . The fishy taste of eggs can inhibit the activity of the central nervous system.

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