

# Soft-boiled eggs are delicious but should not be eaten in the morning.

Soft-boiled eggs are a popular breakfast choice for many people because they are delicious, nutritious, and easy to prepare. However, there are some risks when eating soft-boiled eggs in the morning.

## Nutritional value of eggs? ?

Eggs are a nutritious food, providing protein, healthy fats, vitamins and minerals.

According to the US Department of Agriculture, one large egg contains about 6.3 grams of protein, providing essential amino acids for muscle growth and repair. The absorption rate of protein from eggs is very high, especially when fully cooked.

One large egg contains 5 grams of fat, mostly heart-healthy unsaturated fat. It contains about 186 mg of cholesterol, but eggs do not significantly affect the risk of heart disease in healthy people.

Eggs also contain vitamin B12 which supports brain and nervous system function; vitamin D which is important for bone health and the immune system; iron, zinc and selenium which are essential for metabolism and immunity.



Soft-boiled eggs pose some potential health risks. Illustration: Ban Mai

Among many ways of cooking, soft-boiled eggs are a favorite choice of many people. However, you need to be aware of some potential dangers when enjoying this type of egg:

### **1. Risk of infection ?**

According to the Centers for Disease Control and Prevention, one of the biggest concerns with eating soft-boiled eggs is Salmonella contamination. This is a type of bacteria that can be found in raw or undercooked eggs. Symptoms of Salmonella poisoning include nausea, vomiting, diarrhea, abdominal pain, fever, and headache.

Pregnant women, young children, the elderly, and people with weakened immune systems are at higher risk. If eggs are not stored properly or kept at warm temperatures, the risk of infection increases.

To reduce this risk, experts recommend that people cook eggs all the way through, meaning both the white and yolk are solid.

### **2. Poor nutrient absorption ? ?**

Breakfast is important because it kick-starts your metabolism and provides you with energy for the day. However, soft-boiled eggs are not the best choice for breakfast because they are less nutritious and can cause indigestion.

A study published in the Journal of Nutrition found that the body absorbs 91% of the protein from cooked eggs, but only 50% of the protein from raw or soft-boiled eggs. This means that if you eat soft-boiled eggs, your body may not be able to utilize all the protein, reducing the benefits for muscle and energy.

Additionally, undercooked egg yolks contain avidin, a protein that can prevent the body from absorbing biotin, which is important for energy metabolism and brain function.

### **3. Risks from cooking water and preparation methods? ?**

According to the U.S. Food and Drug Administration, the way you cook soft-boiled eggs affects food safety. If not washed properly, bacteria on the shell can penetrate the inside of the egg when boiled. Some eggs have small cracks that allow bacteria to enter immediately. In areas with poor sanitation standards, soft-boiled eggs are at higher risk of contamination with bacteria, including E. coli and Listeria.

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