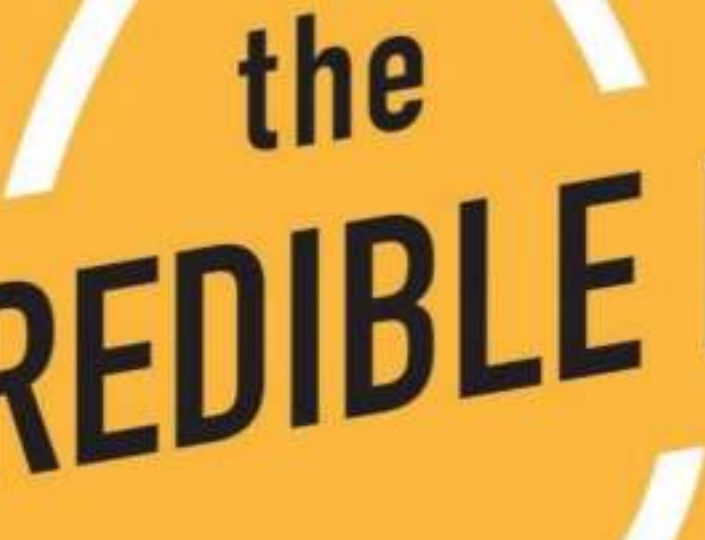


“Goodness of Chicken Egg : Nature’s Perfect Food”



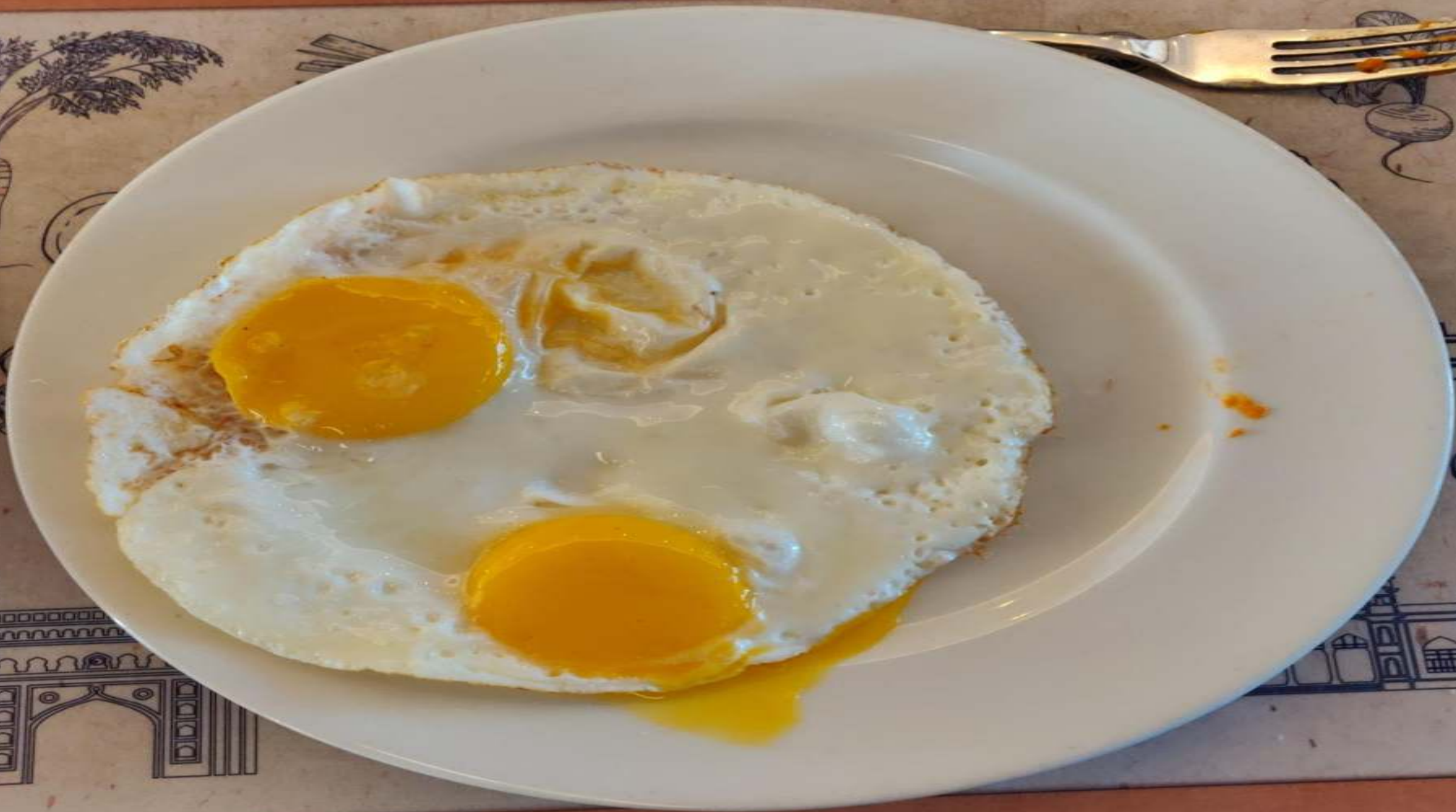


the
INCREDIBLE EGG

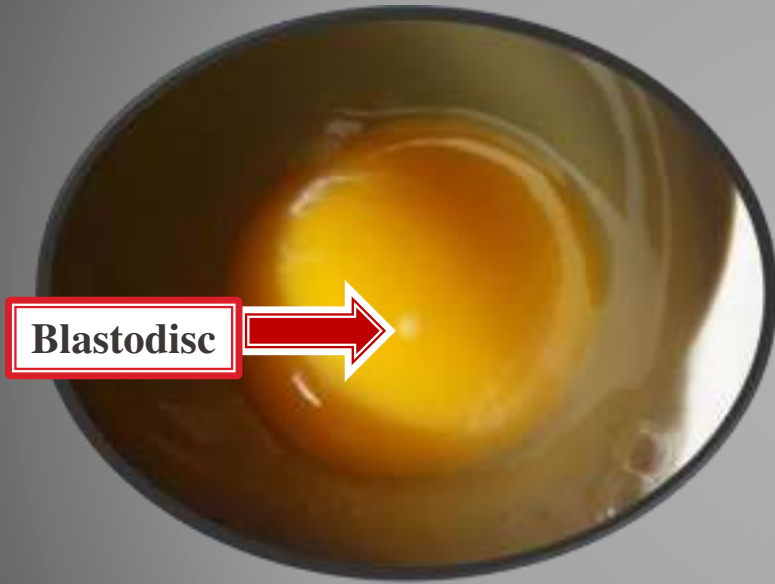
The Incredible Egg

Dr. S. R. Anand



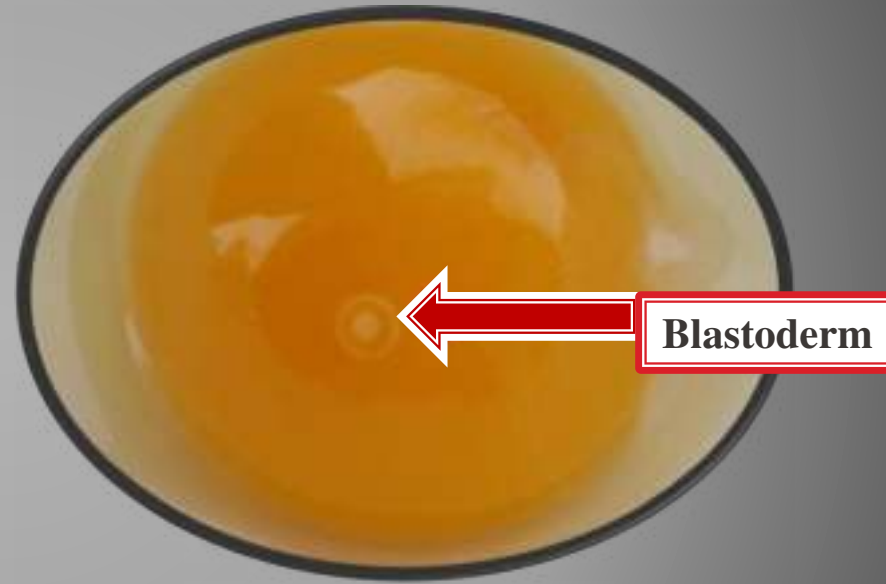


INFERTILE



Blastodisc

FERTILE



Blastoderm

Per Capita Egg Consumption

Rank	Country	Per Capita Consumption
1	Mexico	357
2	Japan	330
3	Malaysia	315
4	Ukraine	314
5	Russia	291
6	Argentina	266
7	Columbia	252
8	America	252
9	Denmark	248
10	China	242

Total Poultry Population in India – 03.05.2022

S. No	Name of the State	Commercial Installed Shed Capacity	Standing Layer Population	Expansion in Progress
1	Tamil Nadu	72650000	71790000	6100000
2	Andhra Pradesh	49200000	48670000	2210000
3	Telangana	48100000	45670000	8900000
4	Haryana	32400000	29540000	230000
5	Punjab	24200000	22950000	450000
6	Karnataka	20400000	19630000	210000
7	Maharastra	18500000	17830000	340000
8	Odisha	9700000	9500000	1900000
9	Gujarat	8700000	8400000	540000
10	Chattisgarh	8700000	8300000	2100000
11	West Bengal	8480000	8480000	1200000
12	UttarPradesh	6800000	6800000	870000
13	Bihar	5800000	5800000	150000


S. No	Name of the State	Commercial Installed Shed Capacity	Actual Birds in Production	Expansion in Progress
14	Rajasthan	4700000	4700000	320000
15	Madhya Pradesh	3700000	3700000	320000
16	Andaman & Nicobar	1950000	1950000	0
17	Uttarakhand	1200000	1100000	20000
18	Jharkhand	820000	820000	300000
19	Goa	490000	290000	0
20	Jammu and Kashmir	390000	390000	0
21	Assam	380000	380000	40000
22	Delhi	350000	250000	0
23	Himachal Pradesh	300000	300000	0
24	Meghalaya	220000	220000	0
25	Arunachal Pradesh	140000	140000	0
26	Manipur	120000	120000	0
27	Kerala	120000	120000	0


S. No	Name of the State	Commercial Installed Shed Capacity	Actual Birds in Production	Expansion in Progress
28	Sikkim	110000	110000	0
29	Lakshadweep	110000	110000	0
30	Mizoram	110000	110000	0
31	Tripura	110000	110000	0
32	Daman & Diu	90000	90000	0
33	Nagaland	60000	60000	0
34	Dadra and Nagar Haveli	60000	60000	0
35	Pondicherry	40000	40000	0
	Total	329200000.00	318530000.00	26200000.00

India has around 31.8 Crore Layer Population

Per Capita Availability of Milk, Egg and Meat during 2020-21* and 2019-20 with Change

Product	Per Capita Availability (PCA)		Change
	2020-21*	2019-20	
Milk (in Gram/Day)	427	406	21
Egg (in Nos./Annum)	90	86	4
Meat (in Kg./Annum)	6.52	6.45	0.07

- Today, India(5.77 million tons) is the World's Third largest Egg Producer after China (28.4 million tons) And USA (6.7 million tons)
 - India is the World's fourth largest Chicken Meat producer after USA, China And Brazil
 - The Egg Production growth rate is 10.19 % per annum
 - The Poultry Meat production growth rate is 7.8% per annum
- 

- Indian Council Of Medical Research(ICMR) recommends 11 kg meat per person per year
 - Indian Council Of Medical Research(ICMR) recommends 180 eggs per person per year
- 

Egg vs. Milk

	Egg (2 Eggs)	Milk (100 g)
Protein	36 % (12.6 g)	27% (3.3g)
Calories	143	50
Carbohydrates	2%	38%
Fat	62%	35%
Thiamin	0.04 mg	0.039mg
Riboflavin	0.457 mg	0.185 mg
Niacin	0.075mg	0.092 mg
Pantothenic Acid	1.533 mg	0.356 mg
Vitamin B6	0.17 mg	0.038mg
Vitamin B12	0.89 ug	0.53 ug
Vitamin k	0.3 ug	0.2 ug
Vitamin E	1.1 mg	0.03 mg
Vitamin D	82 IU	49 IU
Vitamin A	160 ug	55 ug

Egg VS. Milk

	Egg (2 Eggs)	Milk (100 g)
Sugar	0.37 g	5.1 g
Calcium	56 mg	120 mg
Iron	1.8 mg	0.02 mg
Potassium	1238 mg	140 mg
Omega 3s	0.113 g	0.008 g
Omega 6s	1.558 g	0.066g

Nutrition Facts

THE EGG

Nutrition Facts*
Serving Size: 2 eggs
Calories: 140
Protein: 12 g
Fat: 10 g
Saturated: 3 g
Monounsaturated: 4 g
Polyunsaturated: 2 g
Carbohydrate: 1.2 g

 nutritionwithjudy

ESSENTIAL MINERALS

Calcium

40 mg (3% DV)

Chromium

0.4 mg (1% DV)

Copper

0.02 mg (2% DV)

Iron

1.4 mg (8% DV)

Magnesium

10 mg (2% DV)

Manganese

0.02 mg (1% DV)

Molybdenum

17 mcg (38% DV)

Phosphorous

200 mg (16% DV)

Potassium

140 mg (3% DV)

Selenium

30.8 mcg (56% DV)

Zinc

1 mg (9% DV)

Biotin

16 mcg (53% DV)

Vitamin A

149 mcg (17% DV)

Riboflavin (B2)

0.5 mg (38% DV)

Niacin (B3)

2.6 mg (16% DV)

Pantothenic Acid (B5)

1.4 mg (28% DV)

Vitamin B6

0.2 mg (12% DV)

Folate (B9)

48 mcg (12% DV)

Vitamin B12

0.96 mcg (40% DV)

Vitamin D

2.2 mcg (11% DV)

Vitamin E

1.7 mg (11% DV)

Vitamin K

0.3 mcg (1% DV)

Choline

293.8 mg (53% DV)

Omega 3

100 mg

ESSENTIAL VITAMINS

RDAs are based off Standard American Diet. Eggs are missing Thiamin (B1) and Vitamin C. or the USDA did not include the nutrition facts— facts that are provided by the corporations.

*Note: Nutrition facts will vary dependent on the type of egg (e.g., farm, organic, pasture raised, cage free, etc.)

Source: <https://ndb.nal.usda.gov/ndb/search/list> and <https://nutritiondata.self.com/facts>

www.nutritionwithjudy.com

nwj 

Olympics Medals vs. Per Capita Protein vs. Per Capita Egg

Sr. No.	Country	Olympics Medals	Per capita Protein (g per capita per day)	Per Capita Egg
1	USA	113	71.7	252
2	China	89	40.3	242
3	Russia(ROC)	71	54	291
4	Great Britain	64	58.3	189
5	Japan	58	47.7	330
6	Australia	46	71.6	226
7	Italy	40	54.3	221
8	Germany	37	63	233
9	Netherlands	36	68.3	195
10	France	33	63.7	221
	India	7	14	65

ICMR Recommends protein intake of 54g/day for Men & 46g/day for Women

Egg & Omelette Price Off the Counter

- Table Egg Price : Rs. 7/ Egg
- Omelette Price : Rs. 25 / Omelette

American Heart Association

- ▶ 2022, The American Heart Association (AHA) recommends healthy individuals can include up to a **Whole Egg Daily in Healthy Diet Patterns**, and **upto Two Egg per day is Recommended For Aging Adults**.
- ▶ A Study Published In Medical Journal '**Heart**' found that **“An Egg a Day May keep the Doctor Away”**
- ▶ Researchers studied one million Chinese Adults for nine years & found **That One Egg Per day Lowered The Risk of Heart Disease & Stroke**.
- ▶ Another Study, Published In American Journal of Clinical Nutrition, found that **eating at least 12 Eggs a week for three months did not increase cardiovascular risk factors for people with Pre-Diabetes and Type 2 Diabetes**.

Egg Boiler



Health Benefits of Eggs

- Egg offers Complete Protein
- Egg boosts Immunity
- Egg helps your **Good Cholesterol**
- Egg can lower your Triglycerides
- They can lower your odds of a Stroke
- They're Affordable
- They're Heart Healthy
- **Table Eggs have no Life**

Thank You

