

The Gold Inside Every Yolk

The yolk pigments and the nutrients that work alongside them

252mcg

LUTEIN AND
ZEAXANTHIN

The Colour With a Job

Lutein and zeaxanthin are the carotenoids that give yolk its gold colour. The eye concentrates both in the retina, where they help filter light and support the tissue there.

Source: [USDA FoodData Central](#)

80mcg

VITAMIN A

Vitamin A For Clear Sight

One egg supplies vitamin A, which becomes part of rhodopsin, the light sensing protein in the retina's rod cells. Without enough of it, eyes struggle to adjust in low light.

Source: [USDA FoodData Central](#)

0.5mg

VITAMIN E

An Antioxidant In the Fat

Vitamin E travels through the body alongside fat, sitting inside cell membranes. There it neutralises loose molecules called free radicals before they can damage the membrane itself.

Source: [USDA FoodData Central](#)

15mcg

SELENIUM

Selenium Backs Up Defences

Selenium is built into glutathione peroxidase, an enzyme the body uses to break down harmful peroxides. It works as a partner to vitamin E in the same cell defence system.

Source: [USDA FoodData Central](#)

0.23mg

RIBOFLAVIN

Riboflavin Is Also a Pigment

Riboflavin is a yellow pigment in its own right and adds to the yolk's colour. Inside cells it becomes part of two coenzymes the body uses to turn food into usable energy.

Source: [USDA FoodData Central](#)

IN SHORT

A good egg does more than taste good on a Multan breakfast table: its yolk carries a small, real nutrient package.

References

1. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](#)
2. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](#)
3. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](#)
4. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](#)
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