

Egg & Spinach Why It Works

The fat, the vitamins, and the flavour behind a classic breakfast pair

Egg Fat Helps Unlock Plant Carotenoids

Egg yolk fat helps your body absorb carotenoids from vegetables like spinach. A clinical study found eating eggs with a raw mixed vegetable salad, spinach included, boosted carotenoid absorption several fold.

Source: [American Journal of Clinical Nutrition \(NIH PMC\)](#)

Two Sources Of Lutein, One Plate

Egg yolk carries small amounts of lutein and zeaxanthin of its own, and research shows these are especially well absorbed straight from the yolk. Add spinach and you get more from one plate.

Source: [American Egg Board, The Incredible Egg](#)

Spinach Brings The Folate

Spinach is a well known source of folate, the B vitamin your body needs to make DNA and divide cells. A good egg adds protein alongside it.

Source: [NIH Office of Dietary Supplements](#)

Eggs Bring The Choline

Eggs are a natural food source of choline, which your brain and nervous system use for memory and mood. Most people fall short of the amount they need daily.

Source: [NIH Office of Dietary Supplements](#)

Iron, Then A Fuller Plate

Spinach is a well known plant source of iron. Pairing it with a good egg's protein and choline still makes a fuller, better rounded plate for breakfast.

Source: [NIH Office of Dietary Supplements](#)

IN SHORT

A spoonful of spinach and a good Fresh Yolk egg, and a Multan morning has everything it needs.

References

1. [American Journal of Clinical Nutrition \(NIH PMC\)](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC4480671>
2. [American Egg Board, The Incredible Egg](#) <https://www.incredibleegg.org/professionals/foodservice/eggs-egg-products/egg-composition-nutrition/>
3. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Folate-Consumer/>
4. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Choline-Consumer/>
5. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Iron-Consumer/>



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