

# Eggs for Ageing Well

Six nutrients in one egg that support strength, sharpness and vitality after 50.

## Complete Protein for Ageing Muscles

Each egg gives 6.3 g of complete protein, including leucine, which triggers muscle rebuilding. Older adults need more protein per kilo of body weight than younger people to stay strong.

Source: [NIH](#) / [PubMed Central](#)

## Natural Vitamin D for Bones

Eggs are one of the few foods that naturally contain vitamin D, which the body uses to absorb calcium and maintain bone density. Adults over 70 need at least 800 IU of vitamin D daily.

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

## Choline Supports Brain Health

One egg yolk provides around 147 mg of choline, used to make acetylcholine, a neurotransmitter central to memory. Studies associate regular egg intake with better verbal memory in older adults.

Source: [NIH](#) / [PubMed Central](#)

## Lutein and Zeaxanthin for Eyes

Egg yolk is a rich, highly bioavailable source of lutein and zeaxanthin, carotenoids that accumulate in the retina and support visual health as the years pass.

Source: [PubMed](#) / [NIH](#)

## B12 for Nerves and Energy

Eggs supply vitamin B12, which the body needs for healthy nerve function and energy metabolism. Up to 30% of older adults absorb less B12 from food, so a daily egg is a practical, gentle source.

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

## The Highest Protein Quality Score

Eggs score above 100 on the DIAAS, the gold standard for protein digestibility. The body absorbs and uses nearly all the protein in an egg, making every gram count.

Source: [PubMed](#) / [NIH](#)

### IN SHORT

One egg at breakfast is a quiet daily habit that adds up to real strength. A good Multan morning starts here.

## References

1. [NIH / PubMed Central](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC4394186/>
2. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
3. [NIH / PubMed Central](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC10280906/>
4. [PubMed](#) / [NIH](#) <https://pubmed.ncbi.nlm.nih.gov/16988120/>
5. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
6. [PubMed](#) / [NIH](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC11658930/>