

Nutrients For Every Stage Of Growth

Five nutrients in one egg that matter through pregnancy and early growth

1.0mcg

VITAMIN D

Vitamin D for bone growth

Vitamin D helps the body absorb calcium, which supports normal bone growth in children and bone health in pregnancy. One large egg provides about 1 microgram, mostly in the yolk.

Source: [USDA FoodData Central](#)

0.4mcg

VITAMIN B12

B12 supports red blood cells

Vitamin B12 helps the body make red blood cells and maintain the nervous system, and needs rise during pregnancy. One large egg provides about 0.4 micrograms toward that.

Source: [USDA FoodData Central](#)

15mcg

SELENIUM

Selenium for thyroid function

Selenium helps the thyroid gland make its hormones and protects cells from everyday oxidative stress. One large egg provides about 15 micrograms, about a quarter of an adult's daily needs.

Source: [USDA FoodData Central](#)

80mcg

VITAMIN A (RAE)

Vitamin A for healthy eyes

Vitamin A supports normal vision, skin and immune function, and needs increase in pregnancy and early childhood. One large egg provides about 80 micrograms, from the yolk's golden colour.

Source: [USDA FoodData Central](#)

24mcg

FOLATE

Folate for new cell growth

Folate helps the body build new cells and DNA, a process that speeds up in pregnancy and early growth. One large egg provides about 24 micrograms, alongside greens and lentils.

Source: [USDA FoodData Central](#)

IN SHORT

A good egg on the breakfast table is a small, steady way to support a growing family, one plate at a time.

References

1. [USDA FoodData Central](https://fdc.nal.usda.gov/food-search/?type=Foundation&query=egg%2C+whole%2C+raw%2C+fresh) <https://fdc.nal.usda.gov/food-search/?type=Foundation&query=egg%2C+whole%2C+raw%2C+fresh>
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