

NIP REVIEW

The 2018 results have been compared with the previous analysis undertaken in 2007.

Overall, the nutritional profile of eggs has remained relatively stable but there has been some exciting changes.

A nationally representative sample of Australian eggs was sourced and sent to an accredited analytical laboratory in January 2018. Over an eight week period, in depth analytical testing was carried out to assess any changes.

MINIMUM NIP

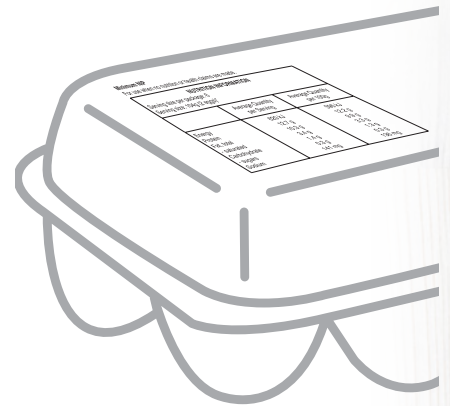
The minimum Nutrition Information Panel (NIP), will remain the same for **energy, protein, fat, saturated fat, carbohydrate, sugars** and **sodium**. This means there will be no need to change any packaging for businesses who include only this basic NIP on their packs:

Sample Minimum NIP – 700g dozen pack

Minimum NIP

For use when no nutrition or health claims are made.

NUTRITION INFORMATION		
Serving size per package: 6		
Serving size: 104g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	620 kJ	596 kJ
Protein	12.7 g	12.2 g
Fat, total	10.3 g	9.9 g
- saturated	3.4 g	3.3 g
Carbohydrate	1.4 g	1.3 g
- sugars	0.3 g	0.3 g
Sodium	141 mg	136 mg



VITAMIN AND MINERAL NUTRIENT CLAIMS (expanded NIP)

There are **minor necessary label** changes for 6 nutrient claims:

New on pack claim	Nutrient	700g dozen pack	
		2007 RDI%	2018 RDI%
'Good Source'	Vitamin D	No Claim	82
'Source'	Riboflavin	29	24
	Vitamin B12	40	17
	Pantothenic acid	42	22
	Vitamin A	32	14
Cannot be claimed	Thiamin	11	5

Egg farmers may wish to include nutrient claims on their labels. Specific nutrient claims for packaging should be supported by your own validation testing to ensure the average values for your brand are consistent with the latest NIP figures.

For more detailed information there is an updated nutrient calculator and egg labelling guide on the **Egg Labelling Integrity Panel** website (elip.com.au). Egg farmers can use this free service to have their labels checked for accuracy and receive independent advice prior to printing.

Where changes are required, egg farmers should take steps to make the changes **by 1 January 2020**.



NUTRITIONAL FINDINGS

Latest testing has revealed that eggs make a significantly greater dietary contribution than was previously recognised.

Average serve of Australian Eggs provides:

1



The average Vitamin D intake in one serve of Australian Eggs (104g) was more than

80%
of the RDI

Vitamin D plays an important role in calcium absorption in the body, sustaining good bone health and muscle function, and may also help reduce the risk of many diseases such as heart disease, kidney disease, diabetes and some forms of cancer.

Roughly one third of the Australian population find themselves deficient in **vitamin D**. With 50% of women and 25% of men over 50 not reaching adequate levels of **vitamin D** – often resulting in osteoporosis & bone fractures.

Eggs are one of the highest natural sources of Vitamin D !!!

The NIP results create an opportunity for eggs to be marketed as being a 'good source' of **Vitamin D** and as being one of the highest natural sources. **Vitamin D** on-pack claims should be supported by your own validation testing to ensure levels match the claim and the average NIP calculation.

2



The average serve of Australian eggs provides:

For men **59%** For women **77%**
of daily needs for **CHOLINE**

Choline is particularly important in brain development, muscle growth, nervous system function, foetal development, and metabolism of dietary fat and cholesterol.

Choline is recognised as an increasingly important nutrient, with eggs being one of the highest natural sources per gram of any food. The only on pack claim that may be made is 'contains choline'.

► For more information contact Australian Eggs on
(02) 9409 6999 | contacts@australianeggs.org.au

