

Eggs are laid by female animals of many different species, including birds, reptiles, amphibians, and fish, and has been taken as a meal by humans for thousands of years. The most popular choice for egg consumption is chicken eggs. Other popular choices for egg consumption are the duck, quail, roe, and caviar. Egg yolks and whole eggs store significant amounts of protein and choline. They are not only just delicious but also extremely nutritious and an excellent source of protein and provide essential nutrients. Here on this page, we will see some of the important health benefits of eggs.

## **Eggs Helps Bodybuilders for Quick Muscle Growth**

Every bodybuilder needs better nutrition and diet plan for quick muscle growth apart from spending hard times in gyms and exercise. It quite often happens that during a tough workout, our body goes through stresses which may damage the muscle tissues. To repair this damage, the body needs high-quality protein and amino acids after a workout. An amino acid is the best nutrition for damaged tissues. So it quickens the recovery of muscle tissues. Thus the recovery of muscle tissues increases the speed of muscle growth. An egg is one of the most complete and versatile foods available as a rich source of protein for muscle growth. It has a valuable role in providing a healthy diet for all and especially bodybuilders.

We all know the importance of protein in the muscle-building process, without protein, your muscles will simply not grow. Eggs accommodate top levels of protein, which is the architecture block of muscles and amino acids all-important to body beef mass. The high fat content in the egg yolk might help increase testosterone. In addition to protein, egg yolk also contains vitamin B12, which is necessary for fat breakdown and muscle contraction. Eggs contain about 6 grams of high quality protein, so high that it is used as the standard by which other foods are measured. Eggs are easily digested and absorbed and are extremely useful in ensuring a balanced diet for the bodybuilders.

In addition to giving you energy, your body uses the protein found in eggs for:

- Build and Repair Body Tissue and Cells
- Grow Strong Hair and Nails
- Build and Maintain Healthy Muscles
- Help Fight Infections
- Help Keep Your Body Fluids in Balance

### **Good Source of Energy**

Health Benefits of Eggs: Did you know eggs have 6 grams of high-quality protein, 14 key nutrients and that a protein-packed breakfast helps sustain mental and physical energy throughout a day.

### **Promotes Cell Cavity**

Choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Its also key in the development of infants memory functions.

### **Rich Source of Protein**

Health Benefits of Eggs: Eggs are one of the few foods considered to be a complete protein because they contain all 9 essential amino acids. Amino acids are considered the "building blocks for the body" because they help form the protein.

### **Preparation of Vaccines**

Health Benefits of Eggs: Egg white consists primarily of about 90% water into which is dissolved 10% proteins (including albumins, mucoproteins, and globulins) and used for the preparation of vaccines such as those for influenza.

### **Rich in Choline**

Plays a strong role in brain development and function.

### **Rich in Vitamin A**

Helps maintain healthy skin and eye tissue; assists in night vision.

### **Rich in Omega-3**

Omega-3s are a type of polyunsaturated fat, or healthy fat, known to help protect your heart. They are essential for good health, but our bodies don't naturally produce them, which is why we have to get them from foods such as salmon, certain types of oils and nuts, and omega-3 eggs.

### **Rich in Cholesterol**

According to the American Heart Association, lutein found in egg yolks also protects against the progress of early heart disease.

### **Why Eating Eggs is Good for Pregnant Women**

In addition to choline, eggs have varying amounts of three other nutrients that pregnant women need most. Eggs are a good source of the highest quality protein, which helps to support fetal growth. Eggs also have a B vitamin that is important for normal development of nerve tissue and can help reduce the risk of serious birth defects that affect the baby's brain and spinal cord development. The type of iron in eggs (a healthy mixture of heme and non-heme iron) is particularly well-absorbed, making eggs a good choice for pregnant and breastfeeding women who are at higher risk for anaemia.

### **Why Eggs are Good for Breakfast**

#### **A High Protein Morning Diet which Keeps You Full and Best Food for Weight Loss**

Eggs are one of the best options available today for everybody, as they are high in protein and keeps you fuller for longer. It has been estimated that those people who start their day with poached, boiled or scrambled eggs can lose up to 2/3 more weight than others. The fact is that choosing eggs for breakfast will give you at least 25% more protein than other popular breakfast choices. Specifically, it is thought that the amino acid leucine, found in relatively high quantities in eggs naturally helps to control insulin levels in the body. Insulin is the hormone that regulates fat metabolism in the body and well-controlled insulin levels are linked to weight control and a reduced risk of developing Type 2 diabetes long term. Eating egg will make you eat less. Choosing eggs for breakfast will help you to control your appetite and calorie intake for the remainder of the day.