



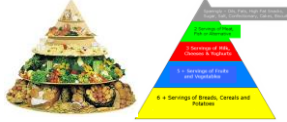





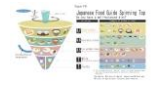


Country	Year:	Illustrated models:	The egg's relevance in the recommendations:	Recommended quantities of eggs:	Reasons for increasing the intake:	Reasons for lowering the intake	Changes to previous editions:	Extra:
Denmark	2013	 Weekplan, Plate model and keyhole symbol.	Eggs are now visible in dietary recommendations. It is, a part of the dietary advice which consists of eating meat low on fat.	Not stated directly in the dietary guidelines, but it's suggested to eat eggs (fish, vegetables and chicken) instead of red meat, lamb or pork.	Eggs are rich in protein and have a good amino acid composition. Eggs contain several of vitamins.	The egg yolk has a relatively high content of cholesterol. It has been found that eggs may increase the blood cholesterol level in some people and this increases the risk of cardiovascular disease.	Eggs were not visible in dietary recommendations, but part of the scientific basis. Not more than 3-4 eggs per week	You cannot know if you are sensitive to the food cholesterol or not and therefore it is not recommended to eat more than 3-4 eggs a week. This also applies if you have been diagnosed with high cholesterol.
Sweden	2008	 Diet circle, the plate model and keyhole symbol.	Eggs are part of "the group of meats" which is categorized in "the protein group".	Approximately 1 egg per day (though not stated directly).	Eggs are rich in protein and have a good amino acid composition. Eggs contain vitamins A and E	-	-	It is important to reduce the intake of saturated fat rather than eating cholesterol by the desire to reduce serum cholesterol.
Norway	2011	 Diet circle, keyhole mark and the bread scale (which indicates the amount of whole weed)	Eggs are not visible in dietary recommendations, but part of the scientific basis for it. No quantitative recommendation for consumption of eggs.	No quantitative recommendation for consumption of eggs.	Eggs are a nutritious food. They are rich in protein, riboflavin, vitamin A and D, folate and iron.	The report "Utviklingen i norsk kosthold 2010", page 4, that the consumption of eggs is 11-12 kg/year/habita - due to the high cholesterol content, consumption should not increase.	-	Animal source foods contributes to high CO2 emissions. For environmental reasons these should be limited in favor of vegetable source foods.
Finland	2005	 Plate model and heart mark (which focus on fat, salt and fiber content in food).	Eggs are part of a food group which contains of protein food. ¼ of the meal should consist of food from this group.	No specific recommendations.	Eggs are a good source of protein and A- and B-vitamins.	-	The dietary circle, diet pyramid and plate model from 1998 are to continue to apply.	Meat and eggs are often mentioned in context.
The Netherlands	2010	 Dietary advice and food groups.	Eggs are not included in the diet circle, but are categorized as a "meat group" or "protein group".	Meat, fish, eggs and alternatives: 50-60 g, 1-3 years old: 60-80 g, 4-8 years old: 80-100 g, 9-13 years old: 100-125 g, pregnant/nursing: 3 eggs a week.	High in protein, iron and B-vitamins.	Eggs contain cholesterol, which is why it is recommended to eat 3 eggs/week in a varied diet.	-	-
Belgium	2009	 Food pyramid.	Eggs are part of the "meat group" as a protein source.	No quantitative recommendations for consumption of eggs.	Eggs are rich in protein, contains selenium and vitamin B12.	-	-	It is recommended for women to eat relative amounts of eggs because of the high iron content.

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UK	2007	 The plate model and 8 dietary guidelines.	Eggs are in the protein group with meat, fish, beans and other (non-dairy) sources of protein.	There is no recommended limit for how many eggs you should eat, but eat as varied as possible.	Eggs are rich in protein and have a good amino acid composition. Eggs contain vitamin D, A, B2 and the mineral Iodine.	Eggs contain cholesterol and high blood cholesterol increases the risk of cardiovascular disease.	-	The cholesterol you get from eggs has a little effect on the blood cholesterol. At high cholesterol, the first priority should be to lower the intake of saturated fat.
Ireland	2005	 Food pyramid plus recommended number of portions from each food group.	Eggs belong to "the alternatives" in "the meat group" and thereby classified with meat and other protein foods.	Up to 2 eggs/day, maximum 7 eggs/week. 2 eggs represent one portion.	-	-	Recommended supplement for an intake of vitamin D for the whole population (5µg for 5-50 year olds and 10µg for 51+).	Used (among others) NNR 2004 as a reference.
USA	2010	 "MyPlate" consisting of 5 food groups, for example "23 Key recommendations".	Eggs are included in the protein group as part of a diverse protein intake.	No quantitative information, but is included in the food group which intake should be increased due to its high amount of nutrients.	Nutritious food with a high amount of protein.	Eggs are a source of cholesterol, and contribute to 25 % of the Americans total cholesterol intake. Later it is explained that only 1 egg per day does not result in higher blood cholesterol.	There is generally less focus on volumes and more focus on energy balance, nutrient density and food.	The so-called "empty space" in the diet plan should be used by enjoying every meal, rather than consumption of pure "empty" calories.
Australia	2003	 New diet circle from 2013.	Eggs are categorized with protein food, and are explained later as a supplement to the meat due to the high amount of protein.	2 small eggs are a single portion from the meat/protein group. No quantitative recommendations for consumption of eggs.	Eggs are a nutritious food. They are rich in protein, vitamin B12 and D and iron.	-	Egg's role in the daily diet has not changed in the new version from 2013, but is still the same as the version from 2003.	-
New Zealand	2002	 "Healthy Eating – Healthy Action", tiltag i forbindelse med ny sundhedsstrategi.	Eggs are included in the meat group because of its high protein content.	1 egg's portion size = 50g. 1-2 portions from the meat group is recommended daily equivalent to 1-2 eggs/day, but no specific recommendations stated.	Eggs are a good source of protein that contains protein as well as iron, zinc and other nutrients.	Eggs contain cholesterol.	The previous version for adults from 1991 has been renewed. Throughout the 90s 6 specific age groups were added.	-
India	2010	 Food pyramid and illustration for the new health strategy.	Included in the food pyramid and appears as a good source for protein at the same level as other animal protein sources.	3 eggs/week.	Eating 3 eggs/week is recommended due to the eggs nutritional qualities.	The amount of cholesterol is the limiting factor for the recommended intake.	The first recommendation in 1998 has been edited and changed much since as a result of India's economic development, which has led to "the double nutrition burden".	Vegetarianism is often rooted in religious beliefs or economics. It is especially important for children, pregnant and nursing women to include meat in their diets.

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China	2003	 <p>Two diet pagoda will make it easier to take the healthy choose. It also includes physical activity and quantitative recommendations.</p>	Eggs are included with the quantitative recommendations in the diet pagodas "meat group".	Eggs: 25-50 g/day.	Eggs are very nutritious. They contain a high amount of protein and a wide range of nutrients.	Meat contains saturated fat and cholesterol. Excessive use of it probably increases the risk of developing cardiovascular disease, and should be avoided.	Physical activity is included in the latest edition of the diet pagoda as a result of increased inactivity in the population.	Villagers generally eat more animal food than people from the country. Especially they eat a lot of pork, which should partly be replaced by fish and poultry.
Japan	2005	 <p>The spinning top is made to make it easier to eat varied and in appropriate amounts.</p>	Apparently no attention.	The illustrations show that one egg is one portion. Not further quantitative recommendations for consumption.	-	-	-	They have "Exercise Guidelines", "Rest Guidelines" and "Sleep Guidelines". In addition to this they believe salt intake should be limited to maximum 10 g/day