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What's new in chicken egg research and technology for human health promotion? - a review

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Background

Chicken eggs are considered to be nature's perfect food. The egg white is an excellent natural source of high quality protein, which is rich in essential amino acids. The yolk is a source of antioxidants, aromatic amino acids, carotenoids, vitamins, phospholipids and proteins, which not only provide nutritional value but also act pro-health and might prevent eg. from heart diseases. In turn eggshell supplies well absorbed by the human body minerals, of which the most important is calcium.

Scope and Approach

In this review the new trends in chicken egg research are showed. The egg components which are the most important for **human health** are described. This study shows also the methods of isolating the most important health-promoting ingredients from chicken eggs.

Key Findings and Conclusion

Eggs are not only a highly **nutritious food**, but also a rich source of diverse **bioactive components** also including nutraceuticals. Therefore, the current research trends focus on the new look at the egg as a material acting as **health-promoting functions**. Currently carried out research also concern the development of new technologies for the production of bioactive ingredients of chicken eggs. These new trends introduce a new era in egg science and technology and the future of eggs and egg ingredients remains bright.

Keywords: chicken egg, human health, nutritious food, bioactive ingredient, health promoting function

Introduction

The time when eggs first appeared on the Earth is not known, although one thing is clear - they have always accompanied humans as an important component not only of their diet, but also as a permanent element of cultural development. Bird eggs belong to the oldest and most popular symbols, which have been present in human life since prehistoric times. They are

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