

Food safety measures for eggs and foods containing eggs / Food Safety Unit, Division of Food and Nutrition, World Health Organization.

Contributors

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

HEARTILY RECOMMENDED



How are Columbus eggs healthier than ordinary eggs?

BECAUSE COLUMBUS EGGS ARE RICH IN ESSENTIAL OMEGA 3

Omega 3 sounds like a distant star, why is it so important?

Omega 3 is a group of essential fats which, like vitamins, have to be present in our diet because they are vital to our health and cannot be made in our bodies from other foods. Their importance in protecting against heart and circulatory disease is widely recognised as is the fact that there is not enough Omega 3 in the average British diet. The 1995 report by the Governments Committee on Medical Aspects of Food Policy (COMA) recommended that we should double our intake of Omega 3 fats.



What other foods contain Omega 3?

Omega 3 is not as widely available as other fats and oils. Green vegetables contain very small amounts. Some plant seeds are good sources but unfortunately these are not the ones that most vegetable and cooking oils are made from. The best source is oily fish such as herring, sardines and mackerel but these are not to everyone's taste.

Does this mean that Columbus hens are fed on fish?

Absolutely not. Columbus hens enjoy a totally vegetarian diet which includes Omega 3 rich seeds. In fact we believe the balance of the Columbus diet is very close to that which hens ancestors would have eaten in the wild.

How much Omega 3 is there in a Columbus Egg?

One large Columbus Egg contains nearly 1g of total Omega 3 and provides $\frac{3}{4}$ of the daily intake of the specific Omega 3 fats recommended by COMA.

How should I eat Columbus Eggs?

Boiled, fried, scrambled, poached, or in omelettes, soufflés, pancakes, cakes... need we go on?

WHAT DO COLUMBUS EGGS TASTE LIKE?

Fantastic! With a light, distinctive taste and texture, healthy eating has never tasted so good.

MORE INFORMATION

IF YOU WOULD LIKE TO FIND OUT MORE ABOUT
COLUMBUS EGGS AND THE IMPORTANCE OF OMEGA 3
FATS PLUS DELICIOUS RECIPES, FILL IN THE FORM
BELOW AND SEND IT TO:

DEANS FARM LTD
BRIDGEWAY HOUSE
UPPER ICKNIELD WAY
TRING, HERTFORDSHIRE
HP23 4JX

Your name: _____

Address: _____

Postcode: _____

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