

A REVIEW STUDY ON EGG & EGG-DERIVED FOODS

Kuldeep Mishra*

*Assistant Professor,

Department of Agriculture Science, Faculty of Agriculture Science,
Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, INDIA

Email id: mishraypikuldeep@gmail.com

DOI: 10.5958/2249-7137.2021.02655.0

ABSTRACT

Eggs are sources of protein, lipids and micronutrients that play an essential role in basic nutrition. However, eggs are historically linked with unfavorable aspects in human health, primarily owing to their cholesterol content. Nowadays, however, it is recognized that the reaction of cholesterol in human blood levels to dietary cholesterol intake relies on many variables, such as ethnicity, genetic composition, hormonal factors and the nutritional condition of the consumer. Eggs being a traditional food having nutrients that perform essential functions beyond basic nutrition, their promotion as functional foods should be addressed. Additionally, in recent decades, there has been a growing demand for functional foods, which is anticipated to continue to rise in the future, due to their ability to reduce the risks of certain illnesses and socio-demographic variables such as the growth in life expectancy. This article provides a short review of the benefits and drawbacks of egg consumption and the potential market of functional eggs, and it examines the possibilities of the creation of functional eggs via technological techniques.

KEYWORDS: Cholesterol, Egg, Egg-Derived, Foods, Technological Elaboration.

REFERENCES:

1. J. M. Miranda et al., "Egg and egg-derived foods: Effects on human health and use as functional foods," *Nutrients*. 2015, doi: 10.3390/nu7010706.
 2. C. Nimalaratne and J. Wu, "Hen egg as an antioxidant food commodity: A review," *Nutrients*. 2015, doi: 10.3390/nu7105394.
 3. N. Naderi, J. D. House, Y. Pouliot, and A. Doyen, "Effects of High Hydrostatic Pressure Processing on Hen Egg Compounds and Egg Products," *Compr. Rev. Food Sci. Food Saf.*, 2017, doi: 10.1111/1541-4337.12273.
 4. S. C. De Campos Zani, J. Wu, and C. B. Chan, "Egg and soy-derived peptides and hydrolysates: A review of their physiological actions against diabetes and obesity," *Nutrients*. 2018, doi: 10.3390/nu10050549.
 5. C. A. Alvarez Rojas, A. Mathis, and P. Deplazes, "Assessing the Contamination of Food and the Environment With Taenia and Echinococcus Eggs and Their Zoonotic Transmission," *Current Clinical Microbiology Reports*. 2018, doi: 10.1007/s40588-018-0091-0.
-

6. E. D. N. S. Abeyrathne, X. Huang, and D. U. Ahn, "Non-Invited Review Antioxidant, angiotensin-converting enzyme inhibitory activity and other functional properties of egg white proteins and their derived peptides - A review," *Poultry Science*. 2018, doi: 10.3382/ps/pex399.
7. S. Van Vliet et al., "Consumption of whole eggs promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men," *Am. J. Clin. Nutr.*, 2017, doi: 10.3945/ajcn.117.159855.
8. M. Netting, M. Gold, P. Quinn, A. El-Merhibi, I. Penttila, and M. Makrides, "Randomised controlled trial of a baked egg intervention in young children allergic to raw egg but not baked egg," *World Allergy Organ. J.*, 2017, doi: 10.1186/s40413-017-0152-5.
9. A. Wolc et al., "Genetic parameters of egg defects and egg quality in layer chickens," *Poult. Sci.*, 2012, doi: 10.3382/ps.2011-02130.
10. S. Wang, Y. Ding, S. Zhou, X. Jiang, R. Li, and Q. Han, "Comparison among inkjetting eggs and normal eggs of *Sepia pharaonis*," *J. Fish. China*, 2017, doi: 10.11964/jfc.20160510421.