

# Great Tucker

Recent research indicates that Australia is currently faced with a high percentage of people who have poor diets. It has been found that over 60% of men and over 50% of women are overweight or obese. The number of children who have obesity has also increased greatly in the past 20 years. At present about 50% of 10 - 14 year olds are obese.

Many people believe that drinking lots of soft drink such as coke and fanta is okay for you, but eating eggs (especially on a regular basis) is not healthy. They believe egg contains lots of fat or cholesterol.

Regular soft drink consumption has been proven to be a major cause of obesity in young people. As a result of this, the NSW government has banned the sale of soft drink in all public schools from 2007 onwards. Eggs, on the other hand, have been proven to be highly beneficial in the diet of most people.

Many people believe that eggs prevent weight loss and they help create high blood pressure and heart disease. These beliefs have been proven false and are now myths.

We now have research that clearly shows eggs do not have high levels of saturated fat. They are high in protein, contain 18 vitamins and minerals and are low in kilojoules (kJ). In fact, one serving of eggs (two normal sized eggs) contains about the same amount of kJ as two apples or two slices of wholegrain bread. Eggs are now considered an invaluable component of a healthy diet.

Recent trends towards diets high in protein and low in carbohydrates makes eggs an ideal component of any weight loss program. Studies by *Food & Nutrition Australia* found that eggs in a healthy diet can help people to lose weight.

Eggs are beneficial to all healthy people. Only those with egg allergies need to avoid eating them.

1. What is one of the main health problems in current society?

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2. Name one of the major causes of obesity in young people?

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3. What has the NSW government done to counteract this problem?

4. List three reasons why eggs are good for you.

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5. Two apples contain the same amount of kJ as \_\_\_\_\_ eggs.

6. How many eggs are in one serving?

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7. Name an Australian organisation that has found eggs to be of value in a healthy weight loss program?

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8. What percentage of 10 - 14 year olds are considered obese?

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9. What group has the largest percentage of people who are obese?

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10. Name one thing you would recommend an obese person cut back on? \_\_\_\_\_