WHERE IS LUTEIN FOUND IN YOUR BODY?

Lutein is found along with zeaxanthin in the macula of your eyes, an area of the retina responsible for central vision. These antioxidant compounds are found in much higher concentrations in the retina and lens of your eyes than in your blood.1,2 Lutein and zeaxanthin are also present in smaller amounts in your skin, breast and other tissues.1,3

WHAT IS THE FUNCTION OF LUTEIN?

Research shows that lutein and zeaxanthin play a specific role in maintaining eye health.1-3 Lutein and zeaxanthin form a very efficient filter for damaging high-energy blue-light that reaches the back of your eyes. They may also act directly as antioxidants to reduce damage to the retina and other tissues.4

Reference:

Lutein plays a specific role in maintaining eye health.
ON THE PURCHASE OF NATUREGGM OMEGA PLUS™
· OMEGA PLUS™ LIQUID EGG
· OMEGA PLUS™ EGGS

SAVE 50¢
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Dark golden yolk
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Omega Plus™ Liquid Protein 125 mg of DHA plus 125 mg of EPA omega-3 and 0.500 mg of lutein per 63 g serving. Excellent source of Vitamin D.

WHERE IS LUTEIN FOUND IN YOUR BODY?
Lutein is found along with zeaxanthin in the macula of your eyes, an area of the retina responsible for central vision. These antioxidant compounds are found in much higher concentrations in the retina and lens of your eyes than in your blood.10 Lutein and zeaxanthin are also present in smaller amounts in your skin, breast and other tissues.11

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WHAT IS LUTEIN?
Have you heard of the antioxidant lutein? Did you know lutein plays an important role in protecting your eye health and vision? Lutein is a natural compound found in foods such as vegetables, fruits and eggs. It belongs to the carotenoid family, a group of antioxidant compounds responsible for many of the colours we see in nature, such as the red in tomatoes, the orange in carrots and the yellow in egg yolks. Your body cannot make lutein, so you must obtain it from your diet.14

REFERENCES:
9. 30. Chung HY et al. Lutein bioavailability is higher from lutein-enriched eggs than from supplements and spinach © 2017
WHO IS LUTEIN FOUND IN YOUR BODY?

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REFERENCES:

8. www.burnbraefarms.com

FOOD FOR THOUGHT

Choose the Burnbrae Natureegg™ that’s right for you

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· OMEGA PLUSTM LIQUID EGG
· OMEGA PLUSTM EGGS

Dark golden yolk
Omega Plus
BURNBRAE NATUREGG
SAMPLE ONLY.

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Lutein plays a specific role in maintaining eye health.

This information is for educational purposes and is not intended to replace advice provided by your doctor or dietitian.
ON THE PURCHASE OF NATUREGG® OMEGA PLUS™ OMEGA PLUS™ LIQUID EGG

Excellent source of Vitamin D

0.500mg of lutein per 53 g large egg

Omega Plus

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SAMPLE ONLY.

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BURNBRAE NATUREGG®
THAT’S RIGHT FOR YOU

WHAT IS LUTEIN?

Lutein and zeaxanthin form a very efficient filter for damaging high-energy blue-light that reaches the back of your eye. They may also act directly as antioxidants to reduce the risk of AMD, the number one cause of significant vision loss in Canadians over 50. Quitting now can reduce the risk.3

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WHAT IS THE IMPORTANCE OF LUTEIN?

The importance of lutein in your diet is for better overall health. Wise Food & Lifestyle Choices

For Better Overall Health

The importance of lutein in your diet is for better overall health.

Have you heard of the antioxidant lutein? Did you know lutein plays an important role in protecting your eye health and vision? Lutein is a natural compound found in foods such as vegetables, fruits and eggs. It belongs to the carotenoid family, a group of antioxidant compounds responsible for many of the colours we see in nature, such as the red in tomatoes, the orange in carrots and the yellow in egg yolks. Your body cannot make lutein, so we must obtain it from your diet.1,2

Lutein plays a specific role in maintaining eye health.

1. What is lutein? Lutein is a carotenoid pigment found primarily in the center of the macula of the retina. It has a protective role in the eye and is associated with reduced risk of age-related macular degeneration (AMD), which is the leading cause of blindness in older people. Lutein is also found in the macular pigment of the retina, which helps to filter out harmful blue light and protect the retina from damage. Lutein is a potent antioxidant that scavenges free radicals and has been shown to reduce oxidative stress in the retina. Lutein has been shown to improve visual function, including contrast sensitivity, color vision, and glare recovery. Lutein is also thought to play a role in the prevention and treatment of other eye diseases, such as diabetic retinopathy, macular degeneration, and cataracts.

2. Where is lutein found? Lutein is found in a variety of foods, including green leafy vegetables, yellow fruits and vegetables, and eggs. Lutein is found in the yolk of eggs, which is a particularly good source of lutein. Lutein is also found in leafy greens, such as spinach, kale, and collard greens, as well as in bell peppers, broccoli, and pumpkin. Lutein is also found in small amounts in other foods, such as fish, poultry, and dairy products.

3. How much lutein do we need? The recommended dietary intake of lutein is 10 mg per day for adults. Studies have shown that consuming a diet rich in lutein can help to reduce the risk of age-related macular degeneration, cataracts, and other eye diseases. Lutein can also help to improve visual function and reduce the risk of cognitive decline.

4. How to get more lutein in your diet? To get more lutein in your diet, you can incorporate a variety of lutein-rich foods into your meals. You can add spinach, kale, and collard greens to your salads, stir-fries, and omelettes. You can also add bell peppers, broccoli, and pumpkin to your soups and stews. You can also consider taking a lutein supplement, but it is important to consult with your healthcare provider before taking any supplements.

5. What are the benefits of lutein? Lutein is beneficial for eye health, particularly for preventing and slowing the progression of age-related macular degeneration (AMD), which is the leading cause of blindness in older people. Lutein is also beneficial for brain health and can help to improve cognitive function. Lutein has also been shown to have potential benefits for skin health, such as reducing the appearance of wrinkles and improving skin elasticity.
FOODS THAT CONTAIN LUTEIN

Lutein is found in high concentrations in dark green vegetables (kale, collard greens, Brussels sprouts, spinach, broccoli, lettuce, and peas), starchy vegetables (corn and peas), and fruits (kiwi fruit and oranges). Eggs also contain lutein and are enriched with lutein and zeaxanthin once concentrated in egg yolks.10

TABLE 1 SOME KEY SOURCES OF LUTEIN

<table>
<thead>
<tr>
<th>FOOD</th>
<th>LUTEIN CONTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale, cooked</td>
<td>20-35 mg/1 cup</td>
</tr>
<tr>
<td>Tangerines</td>
<td>0.3 mg/1 cup</td>
</tr>
<tr>
<td>Corn, cooked</td>
<td>0.6 mg/1 cup</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>3.4 mg/1 cup</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>16.5 mg/1 cup</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>12-15 mg/1 cup</td>
</tr>
<tr>
<td>Eggs, regular</td>
<td>0.38 mg/1 egg</td>
</tr>
<tr>
<td>Eggs, lutein-enriched</td>
<td>0.9-1.4 mg/1 egg</td>
</tr>
</tbody>
</table>

BENEFITS OF LUTEIN

Research suggests that higher intakes of lutein help protect against age-related macular degeneration (AMD), cataracts, certain types of cancer, heart disease and stroke. Lutein has been found in breast milk and the umbilical cord, suggesting that this beneficial antioxidant may also play a role in pregnancy and breastfeeding.6,11

Experts believe that a daily lutein intake of about 6 mg may benefit eye health.8 A Canadian survey found on average, daily intakes of lutein were only 1.413 mg in adults and 0.574 mg in adolescents (15-17 years).9 Eating 5 to 10 servings of vegetables and fruits each day provides between 3 and 6 mg of lutein. Eggs can also make an important contribution to lutein intakes.

AGE-RELATED MACULAR DEGENERATION (AMD)

AMD, a degradation of the retina including the macula, is the leading cause of vision loss and blindness in Western countries. As many as 15% of Canadians over 50 years and 30% of those over 75 years have some degree of AMD.4 The burden of this disease is on the rise with our aging population. The number of Canadians affected by AMD is expected to double to 2 million by the year 2031. Risk factors for AMD include age, gender, genetics, smoking, heart health and nutrition.12

A number of observational studies have found that higher dietary intakes of lutein are associated with a lower risk of AMD, cancer, heart and other chronic diseases.10,11,12 Overall, research suggests lutein may play a role in the prevention of cataract progression.10

Lutein may help protect against age-related macular degeneration (AMD), cataracts, certain types of cancer and heart disease.

CATARACTS

Cataracts are one of the major causes of preventable blindness around the world. Cataracts are characterized by opaque lenses or cataracts in some or within the lens of the eye. Lutein has been associated with a decreased risk of cataract formation in some but not all, observational studies.10,12,13 Overall, the research suggests lutein may play a role in the prevention of cataract progression.10

CANCER

A number of studies have shown that higher intakes of vegetables and fruits rich in carotenoids are associated with a lower risk of certain types of cancer including lung, colon, breast and skin cancer.7 One study that examined people’s past food intake reported significantly lower rates of colon cancer in men and women who consumed more lutein.15 The major sources of lutein included spinach, broccoli, lettuce, tomatoes, carrots and eggs. Another large study found that the risk of lung cancer was significantly reduced in people with higher lutein and zeaxanthin intakes.16 A lower risk of breast cancer has also been observed in women with higher lutein and zeaxanthin intakes.17,18 An analysis of seven studies found lower breast cancer risk in women with higher blood levels of lutein.24

WHY EGGS MAKE SENSE AS A SOURCE OF LUTEIN

Eggs are concentrated sources of highly bioavailable lutein.9 While leafy green vegetables are generally the most concentrated sources of carotenoids, your nutritional status and age affect the amount of bioavailable lutein you absorb from the lutein in eggs much more efficiently than the lutein in plant sources.10

Large population studies have also found that foods rich in carotenoids are associated with lower risk of heart disease and stroke.19,20 Harvard researchers found that each additional daily serving of vegetables and fruits was associated with a 49% lower risk of heart disease.21 Green, leafy vegetables rich in lutein had the most protective effect. Another study found that men with higher lutein intakes had a lower risk of stroke.22 Eating one egg a day has been shown to significantly increase blood lutein and azaxanthin levels without increasing blood cholesterol or triglyceride levels in older adults.23

HEART DISEASE AND STROKE

Research indicates that higher dietary intake and higher lutein levels in the blood are generally associated with better cardiovascular health.24 Large population studies have also found that foods rich in carotenoids are associated with lower risk of heart disease and stroke.1 Harvard researchers found that each additional daily serving of vegetables and fruits was associated with a 49% lower risk of heart disease.24 Green, leafy vegetables rich in lutein had the most protective effect. Another study found that men with higher lutein intakes had a lower risk of stroke.22 Eating one egg a day has been shown to significantly increase blood lutein and azaxanthin levels without increasing blood cholesterol or triglyceride levels in older adults.23
FOODS THAT CONTAIN LUTEIN

Lutein is found in high concentrations in dark green vegetables (kale, collard greens, Brussels sprouts, spinach, broccoli, lettuce, and the umbilical cord), suggesting that this beneficial antioxidant may also play a role in pregnancy and breastfeeding.2,3 Experts believe that a daily lutein intake of about 6 mg may benefit eye health.4 A Canadian survey found on average, daily intakes of lutein were only 1.45 mg in adults and 0.574 mg in adolescents (15-17 years).5 Eating 5 to 10 servings of vegetables and fruits each day provides between 3 and 6 mg of lutein. Eggs can also make an important contribution to lutein intakes.

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<table>
<thead>
<tr>
<th>FOOD</th>
<th>LUTEIN CONTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid, cooked</td>
<td>20-50 mg/2 eggs</td>
</tr>
<tr>
<td>Tuna, green, cooked</td>
<td>18.1 mg/1 cup</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>12-25 mg/1 cup</td>
</tr>
<tr>
<td>Broccoli, raw</td>
<td>6.6 mg/1 cup</td>
</tr>
<tr>
<td>Brussels sprouts, cooked</td>
<td>3.4 mg/1 cup</td>
</tr>
<tr>
<td>Green peas</td>
<td>3.4 mg/1 cup</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ eggs</td>
<td>1.0 mg/2 eggs</td>
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<tr>
<td>Corn, cooked</td>
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<tr>
<td>Regular Eggs</td>
<td>2-2.5 mg/2 eggs</td>
</tr>
</tbody>
</table>

AGE-RELATED MACULAR DEGENERATION (AMD)

AMD, a degradation of the centre of the retina including the macula, is the leading cause of vision loss and blindness in Western countries.25 As many as 19% of Canadians over 50 years and 30% of those over 75 years have some degree of AMD.1 AMD is a leading cause of vision loss in people over the age of 50 in Canada. The burden of this disease is on the rise with our aging population. The number of Canadians affected by AMD is expected to double to 2 million by the year 2033. Risk factors for AMD include age, gender, genetics, smoking, eye health and nutrition. A number of observational studies have found that higher dietary intakes of lutein are associated with a lower risk of AMD, especially subclinical AMD.26 A large long-term study found that a higher intake of bioavailable lutein and zeaxanthin was associated with a lower risk of advanced AMD in men and women over a period of 20 years.27

CATARACTS

Cataracts are one of the major causes of preventable blindness around the world. Cataracts are characterized by opaque areas on or within the lens of the eye. Lutein has been associated with a reduced risk of cataract formation in some, but not all, observational studies.28-30 Overall, the research suggests lutein may play a role in the prevention of cataract progression.29

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WHY EGGS MAKE SENSE AS A SOURCE OF LUTEIN

Eggs contain lutein and zeaxanthin, two of the most important carotenoids. Your body absorbs the lutein in eggs much more efficiently than the lutein in plant sources.35-36 The lipids in the yolk of eggs make the lutein more bioavailable.37-38 Some studies have found lower breast cancer risk in women with higher blood levels of lutein.24 While leafy green vegetables are generally the most concentrated sources of lutein, research suggests lutein may also be found in breast milk and the umbilical cord,39,40 suggesting a potential benefit in pregnancy.41-43 The lutein in eggs is also found in the liver and plasma.38-40 Lutein has also been observed in women with higher lutein and zeaxanthin intakes.25 An analysis of seven studies found lower breast cancer risk in women with higher blood lutein levels.29

GOOD FOODS FOR LUTEIN

include dark green and starchy vegetables, fruits and eggs.

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A number of observational studies have found that higher dietary intakes of lutein are associated with a lower risk of AMD, especially in women.9,10 This may help protect against age-related macular degeneration (AMD), cataracts, certain types of cancer and heart disease.

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WHY EGGS MAKE SENSE AS A SOURCE OF LUTEIN

The bioavailability of lutein (the amount absorbed by your body) depends on a variety of factors including the makeup of the food itself, the interaction of lutein with fat, fibre, other carotenoids, your nutritional status and age.24-25 The lutein in eggs is more bioavailable than the lutein in spinach or lutein supplements.26-28 The lipids in eggs allow your body to absorb the lutein from eggs more efficiently than the lutein in plant foods.29 The lutein in eggs also helps prevent cataract progression.30-31 Researchers at Tufts University showed that the lutein in eggs was more readily absorbed than that in spinach or lutein supplements.29,30 Lutein enriched eggs are a more concentrated source of highly bioavailable lutein. Eating one egg a day along with vegetables has also been found to increase the absorption of carotenoids such as lutein from the vegetables.31 Eggs make sense as part of a balanced diet with plenty of vegetables and fruits as recommended by Canada’s Food Guide.

GOOD FOOD CHOICES FOR LUTEIN

Include dark green and starchy vegetables, fruits and eggs.

FOODS THAT CONTAIN LUTEIN

Lutein is found in high concentrations in dark green vegetables (kale, collard greens, Brussels sprouts, spinach, broccoli, lettuce, leafy beets and peas), starchy vegetables (corn and peas), and fruits (kiwi fruit and oranges).31-32 Eggs also contain lutein and eggs that are enriched with lutein are a more concentrated source as shown in Table 1.33

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<td>0.3 mg/1 cup</td>
</tr>
<tr>
<td>Orange Juice, cooked</td>
<td>0.3 mg/1 cup</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ eggs</td>
<td>1.0 mg**/1/2 cup</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ eggs</td>
<td>1.0 mg**/1/2 cup</td>
</tr>
<tr>
<td>Corn, cooked</td>
<td>0.6 mg/1 cup</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>6.6 mg/1 cup</td>
</tr>
<tr>
<td>Green Peas</td>
<td>2.3 mg/1 cup</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
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</tr>
<tr>
<td>Spinach, raw</td>
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<tr>
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</tr>
<tr>
<td>Regular Eggs</td>
<td>0.25-1.5 mg/1 egg</td>
</tr>
</tbody>
</table>

*Depending on Variety. ** Based on lab analysis. Source for lutein values.14

Canada’s Food Guide.

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<table>
<thead>
<tr>
<th>FOOD</th>
<th>LUTEIN CONTENT (*mg/1 cup or Serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale, cooked</td>
<td>20-35</td>
</tr>
<tr>
<td>Tangerines, cooked</td>
<td>18.7</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>12-75</td>
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<tr>
<td>Broccoli, raw</td>
<td>6.6</td>
</tr>
<tr>
<td>Brussels sprouts, cooked</td>
<td>3.4</td>
</tr>
<tr>
<td>Green Peas</td>
<td>3.4-13</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ Eggs</td>
<td>1.0 mg/1 egg</td>
</tr>
<tr>
<td>Corn, cooked</td>
<td>0.6</td>
</tr>
<tr>
<td>Tangerines</td>
<td>0.3</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>0.3</td>
</tr>
<tr>
<td>Regular Eggs</td>
<td>2-0.6</td>
</tr>
</tbody>
</table>

Benefits of Lutein

Research suggests that higher intakes of lutein may help protect against age-related macular degeneration (AMD), cataracts, certain types of cancer, heart disease and stroke. Lutein has been found in breast milk and the umbilical cord, suggesting that this beneficial antioxidant may also play a role in pregnancy and breastfeeding.3,4,5 Experts believe that a daily lutein intake of about 6 mg may benefit eye health.6 A Canadian survey found on average, daily intakes of lutein were only 1.41 mg in adults and 0.574 mg in adolescents (15-17 years).7 Eating 5 to 10 servings of vegetables and fruits each day provides between 3 and 6 mg of lutein. Eggs can also make an important contribution to lutein intakes.

Age-Related Macular Degeneration (AMD)

AMD, a degradation of the retina including the macula, is the leading cause of vision loss and blindness in Western countries. As many as 15% of Canadians over 50 years and 30% of those over 75 years have some degree of AMD.8 The burden of this disease is on the rise with our aging population. The number of Canadians affected by AMD is expected to double to 2 million by the year 2031.9 Risk factors for AMD include age, gender, genetics, smoking, heart health and nutrition.

A number of observational studies have found that higher dietary intakes of lutein are associated with a lower risk of AMD, especially in women.10-12 One study that examined people’s past food intake reported significantly lower rates of colon cancer in women who consumed more lutein.13 The major sources of lutein include spinach, broccoli, lettuce, tomatoes, carrots and eggs. Another large study found that the risk of lung cancer was significantly reduced in people with higher lutein and zeaxanthin intakes.14 A lower risk of breast cancer has also been observed in women with higher lutein and zeaxanthin intakes.15 An analysis of seven studies found lower breast cancer risk in women with higher blood lutein levels.16

Cataracts

Cataracts are one of the major causes of preventable blindness around the world. Cataracts are characterized by opaque areas on or within the lens of the eye. Lutein has been associated with a decreased risk of cataract formation in some but not all, observational studies.17,18 Overall the research suggests lutein may play a role in the prevention of cataract progression.19

Cancer

A number of studies have shown that higher intakes of vegetables and fruits rich in carotenoids are associated with a lower risk of certain types of cancer, including lung, colon, breast and skin cancer.20 One study that examined people’s past food intake reported significantly lower rates of colon cancer in women who consumed more lutein.21 The major sources of lutein included spinach, broccoli, lettuce, tomatoes, carrots and eggs. Another large study found that the risk of lung cancer was significantly reduced in people with higher lutein and zeaxanthin intakes.22 A lower risk of breast cancer has also been observed in women with higher lutein and zeaxanthin intakes.23 An analysis of seven studies found lower breast cancer risk in women with higher blood lutein levels.24

Heart Disease and Stroke

Research indicates that higher dietary intake and higher lutein levels in the blood are generally associated with better cardiovascular health.25 Major population studies have also found that foods rich in carotenoids are associated with a lower risk of heart disease and stroke.26 Harvard researchers found that each additional daily serving of vegetables and foods was associated with a 4% lower risk of heart disease.27 Green, leafy vegetables rich in lutein had the most protective effect. Another study found that men with higher lutein intakes had a lower risk of stroke.28 Eating one egg a day has been shown to significantly increase blood lutein and zeaxanthin levels without increasing blood cholesterol or triglyceride levels in older adults.29

Why Eggs Make Sense as a Source of Lutein

The bioavailability of lutein (the amount absorbed by your body) depends on a variety of factors including the makeup of the food itself, the interaction of lutein with fat, fibre, other nutrients in the food, and factors including the amount and type of fibre, plant sources.30 Lutein enriched eggs are a more readily absorbed than that in spinach or lutein supplements.31 The lutein in eggs is more bioavailable.32 The lutein in eggs allows your body to absorb the lutein from eggs much more efficiently than the lutein in plant foods.33

One study found that eating an average of 1.3 regular eggs daily (providing 0.38 mg of lutein) increased blood lutein levels by almost 30% over the course of a month.34 Researchers at Tufts University showed that the lutein in eggs was more readily absorbed than that in spinach or lutein supplements.35 Lutein enriched eggs are a more concentrated source of highly bioavailable lutein. Eating one egg a day along with vegetables has also been found to increase the absorption of carotenoids such as lutein from the vegetables.36 Eggs make sense as part of a balanced diet with plenty of vegetables and fruit as recommended by Canada’s Food Guide.
FOODS THAT CONTAIN LUTEIN
Lutein is found in high concentrations in dark green vegetables (kale, collard greens, Brussels sprouts, spinach, broccoli, lettuce, and the umbilical cord). Sautéd vegetables (corn and peas), and fruits (kiwi and orange).11,12

Eggs also contain lutein and eggs that are enriched with lutein are a more concentrated source as shown in Table 1.

AGE-RELATED MACULAR DEGENERATION (AMD)
AMD, a degradation of the centre of the retina including the macula, is the leading cause of vision loss and blindness in Western countries. As many as 15% of Canadians over 50 years and 30% of those over 75 years have some degree of AMD.1,2 The burden of this disease is on the rise with our aging population. The number of Canadians affected by AMD is expected to double to 2 million by the year 2031. Risk factors for AMD include age, gender, genetics, smoking, heart health and nutrition.

A number of observational studies have found that higher dietary intakes of lutein are associated with a lower risk of AMD, especially submacular neovascularization.3,4 A large long-term study found that a higher intake of biocarotenoids lutein and zeaxanthin was associated with a lower risk of advanced AMD in men and women over a period of 20 years.5

BENEFITS OF LUTEIN
Research suggests that higher intakes of lutein may help protect against age-related macular degeneration (AMD), cataracts, certain types of cancer, heart disease and stroke. Lutein has been found in breast milk and the umbilical cord, suggesting that this beneficial antioxidant may also play a role in pregnancy and breastfeeding.6,7,8

Experts believe that a daily lutein intake of about 6 mg may benefit eye health.9 A Canadian survey found on average, daily intakes of lutein were only 1.413 mg in adults and 0.574 mg in adolescents (13–17 years).10 Eating 5 to 10 servings of vegetables and fruits each day provides between 3 and 6 mg of lutein. Eggs can also make an important contribution to lutein intakes.

TABLE 1
SOME KEY SOURCES OF LUTEIN

<table>
<thead>
<tr>
<th>FOOD</th>
<th>LUTEIN CONTENT (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale, cooked</td>
<td>20.5-37.5</td>
</tr>
<tr>
<td>Tangerines, cooked</td>
<td>18.1 mg/1 cup</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>12.7 mg/1 cup</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>6.6 mg/1 cup</td>
</tr>
<tr>
<td>Brussels sprouts, cooked</td>
<td>3.4 mg/1 cup</td>
</tr>
<tr>
<td>Green Peas</td>
<td>2.3 mg/1 cup</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ eggs</td>
<td>1.0 mg/2 eggs</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ eggs (load)</td>
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</tr>
<tr>
<td>Corn, cooked</td>
<td>0.6 mg/1 cup</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>0.3 mg/1 cup</td>
</tr>
<tr>
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Lutein may help protect against age-related macular degeneration (AMD), cataracts, certain types of cancer and heart disease.

CATARACTS
Cataracts are one of the major causes of preventable blindness around the world. Cataracts are characterized by opaque areas on or within the lens of the eye. Lutein has been associated with a decreased risk of cataract formation in some but not all, observational studies.9,11,12 Overall the research suggests lutein may play a role in the prevention of cataract progression.9,11

HEART DISEASE AND STROKE
Research indicates that higher dietary intake and higher lutein levels in the blood are generally associated with better cardiovascular health.11,12 Large population studies have also found that foods rich in carotenoids are associated with a lower risk of heart disease and stroke.13 Harvard researchers found that each additional daily serving of vegetables and fruits was associated with a 4% lower risk of heart disease.14 Green, leafy vegetables rich in lutein had the most protective effect. Another study found that men with higher lutein intakes had a lower risk of stroke.15 Eating one egg a day has been shown to significantly increase blood lutein and zeaxanthin levels without increasing blood cholesterol or triglyceride levels in older adults.15

WHY EGGS MAKE SENSE AS A SOURCE OF LUTEIN
The bioavailability of lutein (the amount absorbed by your body) depends on a variety of factors including the makeup of the food itself, the course of a month.29 Researchers at Tufts University showed that the lutein in eggs was more readily absorbed than that in spinach or lettuce supplements.30 Lutein enriched eggs are a more concentrated source of highly bioavailable lutein. Eating one or two eggs a day along with vegetables has also been found to increase the absorption of carotenoids such as lutein from the vegetable.16 Eggs make sense as part of a balanced diet with plenty of vegetables and fruits as recommended by Canada’s Food Guide.

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Lutein is found in high concentrations in dark green vegetables (kale, collard greens, Brussels sprouts, spinach, broccoli, lettuce, and peas), starchy vegetables (corn and peas), and fruits (kiwi fruit and oranges). Eggs also contain lutein and eggs that are enriched with lutein are a more concentrated source as shown in Table 1.

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CANCER

A number of studies have shown that higher intakes of vegetables and fruits rich in carotenoids are associated with a lower risk of certain types of cancer including lung, colon, breast and skin cancer.1 Approximately one study that examined people's past food intake reported significantly lower rates of colon cancer in men and women who consumed more lutein.12 The major sources of lutein included spinach, broccoli, lettuce, tomatoes, carrots and eggs. Another large study found that the risk of lung cancer was significantly reduced in people with higher lutein and zeaxanthin intakes.13 A lower risk of breast cancer has also been observed in women with higher lutein and zeaxanthin intakes.14 An analysis of seven studies found lower breast cancer risk in women with higher blood lutein levels.15

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WHY EGGS MAKE SENSE AS A SOURCE OF LUTEIN

Eggs are a concentrated source of highly bioavailable lutein. The research suggests lutein may play a role in the prevention of cataracts. The interaction of lutein with fat, fibre, other carotenoids, and genetic factors is an important consideration when eating eggs.21 A lower risk of breast cancer has also been observed in women with higher lutein and zeaxanthin intakes.22 One study found that eating an average of 1.3 regular eggs daily (providing 0.38 mg of lutein) increased blood lutein levels by almost 30% over the course of a month.23 Researchers at Tufts University showed that the lutein in eggs was more easily absorbed than that in spinach or tomato supplements.24 Lutein enriched eggs are a more concentrated source of highly bioavailable lutein. Eating one egg a day along with vegetables has also been found to increase the absorption of carotenoids such as lutein from the vegetables.20 Eggs make sense as part of a balanced diet with plenty of vegetables and fruit as recommended by Canada’s Food Guide.
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   Excellent source of Vitamin D

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   0.500mg of lutein per 53 g large egg

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Provides 125 mg of DHA

100% EGGS

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TM

egg care professional. Serious conditions can be present in your eye without symptoms. Others progress rapidly if left untreated. In general, you should get an eye exam at least every two years.

2. Quit for your eyes. People who smoke are nearly seven times more likely to develop AMD, the number one cause of significant vision loss in Canadians over 50. Quitting now can reduce the risk.

3. Get healthy. Choose foods rich in vitamins C and E, beta carotene, zinc, and lutein (up to 10 mg of lutein per day is a healthy choice). Keep active: excess weight, a sedentary lifestyle, and smoking are risk factors for AMD.

4. Protect your eyes from sunlight. Wear a hat with a brim and choose sunglasses that protect from UV rays. Most hardware and sporting goods stores provide at least 98 per cent protection from UV rays.

5. Wear eye protection. When playing sports or working with power tools, use Canadian Standards Association-approved safety glasses or goggles. Most hardware and sporting goods stores carry a good selection.

6. Consider vitamin supplements. If you are diagnosed with AMD, talk to your eye care professional about using a special formula of high-energy blue-light that reaches the back of your eye. Lutein and zeaxanthin are also present in small amounts in your skin, breast and other tissue.

WHERE IS LUTEIN FOUND IN YOUR BODY?

Lutein is found along with zeaxanthin in the macula of your eyes, an area of the retina responsible for central vision. These antioxidant compounds are found in much higher concentrations in the retina and lens of your eyes than in your blood.1-3 Lutein and zeaxanthin are also present in small amounts in your skin, breast and other tissue.

WHAT IS THE FUNCTION OF LUTEIN?

Research shows that lutein and zeaxanthin play a specific role in maintaining eye health.4-6 Lutein and zeaxanthin form a very efficient filter for damaging high-energy blue-light that reaches the back of your eyes. They may also act directly as antioxidants to reduce damage to the retina and other tissues.

WHAT IS LUTEIN?

Have you heard of the antioxidant lutein? Did you know lutein plays an important role in protecting your eye health and vision? Lutein is a natural compound found in foods such as vegetables, fruits and eggs. It belongs to the carotenoid family, a group of antioxidant compounds responsible for many of the colours we see in nature, such as the red in tomatoes, the orange in carrots and the yellow in egg yolks. Your body cannot make lutein, so you must obtain it from your diet.4,7

REFERENCES:

WHERE IS LUTEIN FOUND?

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FOOD FOR THOUGHT

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