



RUNNY EGGS BACK ON THE MENU FOR CARE HOMES

“ Now even vulnerable groups can safely eat UK eggs without needing to hard-boil them, so long as they bear the British Lion mark. ”

Heather Hancock, Chairman, Food Standards Agency



RUNNY EGGS BACK FOR ALL

The Food Standards Agency (FSA) has issued new advice stating that eggs carrying the British Lion mark can now be safely eaten runny, or even raw, by vulnerable groups including care home residents.

The previous advice was introduced after the *Salmonella* crisis of the late 1980s, when vulnerable groups, such as pregnant women, babies, and elderly people, were officially advised to avoid raw and lightly cooked (runny) eggs.

However, the British Lion Code of Practice, with its wide-reaching food safety measures, has effectively eliminated *Salmonella* from British Lion eggs, and this has now been recognised by the Food Standards Agency.

“ The re-introduction of runny eggs in care homes for the first time in decades, as long as they are produced to British Lion standards, is fantastic news. Being able to serve people the food they love to eat is the number one goal for any chef, whatever sector they work in. Everyone loves a dippy egg!””

Neel Radia,
NACC Chairman



THE NEW FSA ADVICE



“It’s good news that now even vulnerable groups can safely eat UK eggs without needing to hard-boil them, so long as they bear the British Lion mark. The FSA has thoroughly reviewed the scientific evidence about the safety of these eggs, and we’re confident that we can now change our advice to consumers.

“The major reduction in the risk of salmonella in Lion eggs is testament to the work carried out by egg producers. The measures they’ve taken, from vaccination of hens through to improving hygiene on farms and better transportation, have dramatically reduced salmonella levels in UK hens.”

The FSA’s change in advice follows a year-long in-depth review of egg safety which concluded:

“ The very low risk level means that eggs produced under the Lion Code, or produced under demonstrably equivalent comprehensive schemes, can be served raw or lightly cooked to all groups in society, including care homes and hospitals. ”



Advisory Committee on the Microbiological Safety of Food (ACMSF)

WHY BRITISH LION EGGS?

- All Lion hens and eggs guaranteed British
- Hens vaccinated against *Salmonella*
- Complete traceability of hens, eggs and feed
- Increased hygiene controls and *Salmonella* testing of all flocks
- Regular egg testing
- Stringent feed controls
- Cool chain starting on the farm
- Eggs stamped on farm with the farm code and production method
- Best-before date and Lion logo printed on the shell as well as on the egg box
- Independently audited to ISO 17065 standard



WHAT DO CATERERS NEED TO DO?

- Talk to your supplier and ensure that you are specifying British Lion eggs
- Check the eggs when they arrive – the British Lion should be on the outer case and the egg itself
- Tell serving staff why you use British Lion eggs and share this with residents and visitors
- Add the British Lion mark to menus where relevant so residents, and care home visitors, can clearly identify that the dish is safe to eat

HANDLING TIPS

Follow these simple guidelines to ensure you are storing, handling and serving eggs to the highest standards of food safety:

- For the best quality and safety, eggs should be stored at a constant temperature below 20°C
- In a kitchen this means storing eggs in a refrigerator; if this is not possible store them in the coolest storage area possible whilst keeping to a regular delivery pattern with a minimum volume of orders
- Store eggs separately from other foods especially raw meat and strong smelling foods
- Eggs should be allowed to acclimatise to room temperature before cooking for around 30 minutes before use
- Do not use cracked or dirty eggs
- Cooked egg dishes should be consumed as soon as possible after cooking and should be stored in the refrigerator if not for immediate use
- Wash hands before and after handling eggs

EGG PRODUCTS

If you are cooking with large quantities of eggs, or pooling eggs, British Lion egg products, such as liquid egg, save time and hassle without neglecting quality or food safety responsibilities.

The independently audited Code of Practice for the production of Lion Quality egg products ensures British Lion egg products are produced to the highest standards of food safety.

Non-UK pasteurised egg can carry a food safety risk, with three separate cases involving *Salmonella* in imported egg products in recent years.



THE PERFECT PROTEIN

Protein is an essential nutrient for all of us and for older people it remains important to eat enough high quality protein every day.

Appetite and therefore food intake can decrease as people get older, and this means that many older people do not eat enough protein. Evidence suggests that older people with a reduced food intake will need to eat a greater proportion of protein compared with the amount of energy (calories) that they consume.

Low protein intake in older people is associated with both undernutrition and sarcopenia (a reduction in muscle size and strength), both of which can have major effects on health and quality of life.

Eggs are a good source of high quality protein and contain a significant proportion of leucine, an amino acid that is believed to be important for muscle health. Eggs are also one of the most digestible sources of protein, comparing favourably with milk/cheese and meat/fish.

Growing evidence suggests that, in addition to physical activity, eating 25-30g of protein at each meal may help combat loss of muscle size and muscle strength in older people.

Research also shows that protein intake amongst older people is often only sufficient at their main meal and is particularly low at breakfast, making it even more important to include eggs on the menu throughout the day.

For full details of the nutritional composition of eggs see egginfo.co.uk/nutritionandhealth.

NATURE'S MULTIVITAMIN

As well as containing high quality protein and omega-3 fatty acids, there are a number of other key nutrients found in eggs that may benefit the health of older people. These include vitamin D, B vitamins, selenium, iodine and choline.

The vitamin D content of eggs is particularly important for older people as it also appears to have a direct effect on muscle strength and low vitamin D levels are associated with an increased likelihood of sarcopenia.

LIFTING THE LIMITS

One of the most common questions from residents, staff and relatives is whether you should restrict the number of eggs you eat due to their cholesterol content.

The good news is that there are no restrictions on the number of eggs you can eat. All major UK heart and health advisory groups now agree that the dietary cholesterol they contain does not increase the risk of heart disease in most healthy people.



“ It’s a myth that eggs are bad for your heart. ”



“ There is no recommended limit on how many eggs people should eat. ”



For full details of the nutritional composition of eggs see egginfo.co.uk/nutritionandhealth.

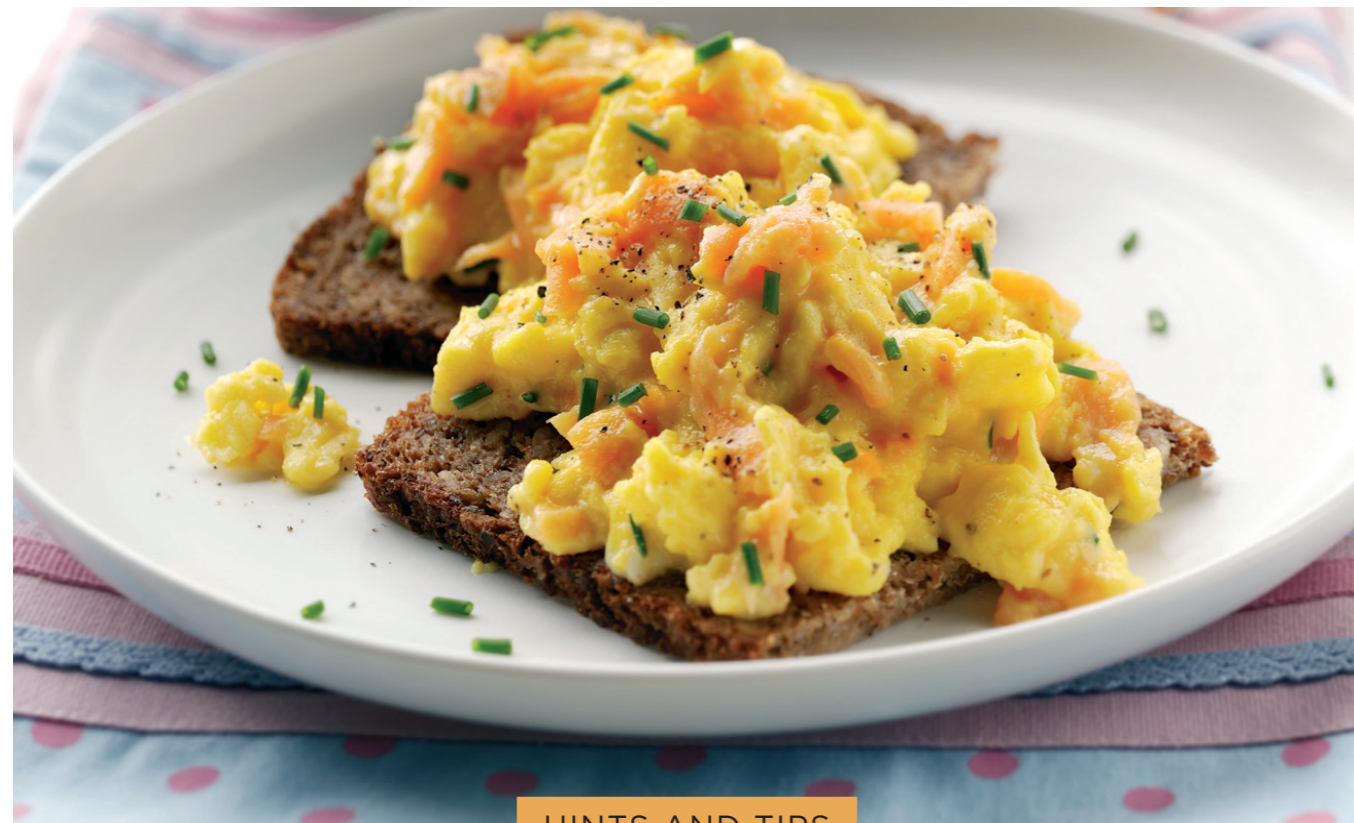
DISHES TO MEET EVERY NEED

Eggs are a familiar and well accepted food for most older people and can be included at any mealtime. In addition, egg dishes tend to be quick and easy to prepare and inexpensive, particularly for the quality of protein provided.

UNDERNUTRITION

Older people who have been screened and identified as undernourished will need to eat more protein as well as more energy (calories). Food fortification or enrichment is frequently recommended by Dietitians for residents who are undernourished. It is important to fortify/enrich food with ingredients which contain protein as well as calories.

Finding out what type of food is needed by and acceptable to each resident is important and because preferences and needs can change, this may need to be discussed more than once.



HINTS AND TIPS

- Beaten egg can be very useful as a food fortifier for example added to mashed potato, cheese/parsley sauce, milk puddings or custard
- Many egg dishes can themselves be fortified, and again using ingredients which contain some protein as well as calories tends to be best
- When making scrambled eggs, try adding fortified milk (add 4 tablespoons dried, skimmed milk powder to 1 pint of full fat milk and mix) and/ or grated cheese
- Try adding ground almonds to a frittata mix or adding cream cheese to an omelette filling

DEMENTIA

The familiarity of eggs, particularly as part of breakfast and snack meals, can be really helpful when providing meals for people with dementia who may be more able to recognise dishes which have associations with their past.

Eggs, either on their own or as part of another dish, can also be useful as finger foods for people who struggle to use cutlery or who find it difficult to sit down for long enough to eat a meal.

HINTS AND TIPS



- Traditional ways of serving eggs (boiled, poached, fried, scrambled or as an omelette) can be good choices, especially at breakfast or as a snack meal
- Of course some people with dementia are very happy to try new foods and people's dietary preferences can change, so try less familiar dishes like smoked salmon frittata or roast pepper with baked eggs, too
- Brightly coloured dishes or those which contrast with the plate they are served on can also be more obvious for people with dementia, so can encourage appetite
- Ideas for finger foods featuring eggs include hard boiled eggs, stuffed eggs, homemade scotch eggs, Spanish omelette cut into cubes, mini omelette wraps, egg mayonnaise on crackers or bread, and mini quiches

DYSPHAGIA

Up to 68% of older people resident in care homes can suffer from swallowing problems (dysphagia). For people with a diagnosed or suspected dysphagia, providing softer textured foods may be appropriate.

Soft textured foods may also be preferred by some older people who have dentures, or whose teeth are in poor condition.

HINTS AND TIPS



- Ideas for soft textured foods include soft omelette, smooth quiche filling, scrambled egg, sweet or savoury baked egg custard (can be made with fortified milk), soft baked egg, smooth no-bake cheesecake filling, traditionally made tiramisu (well soaked sponge fingers)
- Soft food for people with dysphagia should be served in pieces no larger than 1.5cm
- Soft dishes like these could also be pureed for residents who require pureed food due to dysphagia

WHAT TO LOOK FOR ON EGGS

All Class A eggs have to be marked with a code showing the type of farming system, country of origin and production unit.

In addition, British Lion Quality eggs have a best-before date on the shell and carry the Lion Logo.

Only British Lion eggs can now be eaten runny, or even raw, by vulnerable groups.

Farming Method

- 0 = Organic
- 1 = Free Range
- 2 = Barn
- 3 = Cage

Country of Origin

e.g UK

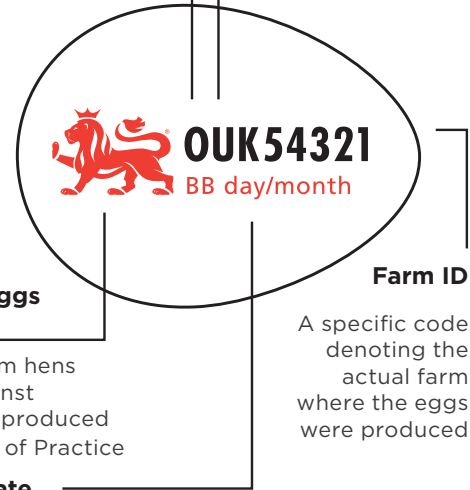
Additional standards for Lion Quality eggs

Lion Mark
British eggs from hens vaccinated against *Salmonella* and produced to a strict Code of Practice

Best Before Date

Farm ID

A specific code denoting the actual farm where the eggs were produced



“ Eggs are a familiar food, and can be incorporated into a wide range of dishes and meals for older people. They are good source of both high quality protein and a number of other vital nutrients so can play a significant role in helping to improve and maintain the health and nutritional intake of older people. The news that vulnerable groups can now enjoy eating eggs again - if they are marked with the British Lion - is welcome news for both care home residents and meal providers. ”

Alison Smith, Chairman, British Dietetic Association Older People Specialist Group



British Egg Information Service

95 Cromwell Road
London SW7 4DL

T. 0207 052 8899

www.egginfo.co.uk

