

UGM Nutritionist: There Is No Distinction of Nutritional Values between Fertile and Infertile Chicken Eggs

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In these current days, many people are talking about fertile and infertile eggs. It began with the widespread circulation of fertile chicken eggs on the market in recent times.

Then, is there a distinction in nutritional content in the two egg categories? The Head of Health Nutrition Study Program FK-KMK UGM, R.Dwi Budiningsari, S.P., M. Kes., Ph.D., said that there was no difference in nutrient levels between fertile chicken eggs and infertile chicken eggs.

"There is no scientific evidence that shows the differences in nutritional content between fertilized eggs and infertile eggs," she said when contacted on Wednesday (5/20).

According to her, the two categories of eggs are equally able and safe for consumption, but with a note, both are still similarly feasible or not rotten. The storability of fertile eggs or called 'HE' eggs as the abbreviation for hatching eggs is shorter, so it rots faster so that it only lasts for seven days, whereas layer breeders produce broiler eggs can last for 30 days at room temperature.

The fundamental difference between fertile and infertile eggs lies in the presence or absence of male chicken sperm. Infertile eggs are not eggs to be hatched. The eggs formed do not contain the sperm of a male cock, whereas fertile eggs are eggs that can be hatched because there are male sperm inside.



The Chairman of DIY Food PERGIZI explained that female chickens could lay eggs, either through mating with males or not through the mating process. Hens still produce eggs without marriage as long as their breeders give them food well, while fertilized eggs can be hatched because the males fertilized them.

"Fertile and infertile chicken eggs are all safe to eat. The only difference is whether there is sperm or not in it," Dwi explained.

While related to the nutritional value of chicken eggs, he mentioned chicken eggs are rich in nutritional value, especially high-value protein. Eggs are used as a standard protein for several foods or based on its term, Egg Worth Protein (PST). The egg protein value is made standard in a maximum amount of 100. Meanwhile, in other food ingredients, it is equal to the egg protein content, which generally has a value below 100.

Not only that, but chicken eggs also contain fat. There are various vitamins, such as vitamins A, B, D, E, as well. Besides, it includes a variety of minerals such as iron, phosphorus, selenium, and complete amino acids needed for the body.

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