BENEFIT OF QUAIL EGGS

WHY QUAIL EGG IS IMPORTANT

Quail eggs are packed with vitamins and minerals. Even with their small size, their nutritional value is three to four times greater than chicken eggs. Quail eggs contain 13 percent proteins compared to 11 percent in chicken eggs. Quail eggs also contain 140 percent of vitamin B1 compared to 50 percent in chicken eggs. In addition, quail eggs provide five times as much iron and potassium. Unlike chicken eggs, quail eggs have not been known to cause allergies or diathesis. Actually they help fight allergy symptoms due to the ovomucoid protein they contain.

Regular consumption of quail eggs helps fight against many diseases. They are a natural combatant against digestive tract disorders such as stomach ulcers. Quail eggs strengthen the immune system, promote memory health, increase brain activity and stabilize the nervous system. They help with anemia by increasing the level of hemoglobin in the body while removing toxins and heavy metals. The Chinese use quail eggs to help treat tuberculosis, asthma, and even diabetes. If you are a sufferer of kidney, liver, or gallbladder stones quail eggs can help prevent and remove these types of stones.

Below we have addressed some of the more frequent quotes and statements you will find on-line or in literature about the Quail Egg. Typically the statements made about Quail Egg nutrition are taken at face value or even chalked up to folklore. Really, you never see the specifics about each vitamin and mineral the Quail Egg offers and how it helps a human body. So we have elaborated on the most frequently seen Quail Egg benefit statements...

"Quail egg nutritional value is three to four times greater than chicken eggs. For instance, Quail eggs contain 13 percent proteins, compared to 11 percent in chicken eggs." Why is this important? Because protein is what our body needs to build muscle and use as a long term energy source. Carbohydrates, when consumed and not used by the body end up becoming fat that we carry. Protein found in Quail eggs is of superior quality in that it is accompanied by a very high nutrient load. As follows:

"Quail Eggs contain 140 percent of vitamin B1 compared to only 50 percent in chicken eggs." Why is Vitamin B1 important? B1 is also called Thiamine. Thiamine is responsible in the biosynthesis of GABA. Deficiency in Thiamine can cause optic neuropathology, Korzkoff's syndrome, a condition called Beriberi (involving neurological system, cardiovascular systems and gastrointestinal systems), malaise, weight loss, irritability and confusion. Thiamine is essential and can be obtained easily by consuming Quail Eggs.

"Quail eggs provide five times as much iron and potassium."

Why are Iron and Potassium (minerals) essential to the human diet? Iron deficiency can result in anemia. Iron is essential in binding to protein and carrying oxygen in the blood. Pre-menopausal women and children are most susceptible to Iron deficiency. An Iron deficiency begins via the main regulatory mechanism of Iron, situated in the gastrointestinal tract. When Iron is not absorbed there, deficiency/anemia can result. Quail eggs, providing 5 times the Iron to a chicken egg are simply a far superior source in so small a portion. Potassium when mildly deficient in humans typically shows no symptoms...However when symptoms do arise from a lack of Potassium intake they can present in the form of muscle weakness, muscle cramps and or constipation. The main way we lose Potassium is through excessive fluid losses such as sweating, polyuria (urinating a lot due to medications or diuretics such as caffeine intake) and by fluid losses from being sick (vomiting and such).

So a small egg that delivers 5 times it's larger, more commonly consumed counterpart (the Chicken Egg), in Iron and Potassium is absolutely powerful as a food and why we choose to call the Quail Egg a Super Food with regard to nutrition.
"Another important quail egg fact is that quail eggs have not been shown to cause allergies or diathesis. They can actually help to fight allergy symptoms due to the ovomucoid protein they contain. On the Quail Egg USDA Nutritional Data Fact sheet, the Quail Egg receives an inflammatory food grade of "-7". This is wonderful and a big reason why it is a beneficial food persons with autoimmune or inflammatory conditions. We have some wonderful Nutritionists that are on our frequent order list through Slowssprings Farm. They love the Quail Egg as an alternative for those who are intolerant of the Chicken Egg in the diet. When you are making changes and are trying to improve your health, it is important to get guidance on the proper way to balance doing so. There are trained professionals who can help you make good decisions in your diet and what your specific needs are. Particularly if you are intolerant of any egg product. Take care. Be well AND safe. Nutritionist and Doctors will safely guide you. Eggs should always be cooked until firm and not runny. Eggs should always refrigerated at 41 degrees F, until cooked for consuming.

"Quail eggs contain twice as much vitamin A and B2 than a Chicken Egg." A list of bodily functions that Vitamin A plays a role in are as follows: Vision, Gene Transcription, Embryonic development and reproduction, Bone metabolism, Hematopoiesis, Skin and cellular health, Antioxidant activity. Vitamin B2 is also known as Riboflavin. Riboflavin deficiency classically presents itself via the cracked edges of the mouth (Angular cheilitis), photophobia (light sensitivity) and dermatitis (dry, scaling skin) and red bloodshot eyes (accompanying that photophobia). In animals, lack of Riboflavin can cause stunted growth and "failure to thrive". We think the Quail Egg sounds better and better as we go down the nutrition list.

The Quail egg is richer in phosphorus and calcium than a chicken egg.

Women and children especially need extra calcium in the diet. Calcium promotes bone health. Calcium is essential for living organisms, in particular in cell physiology, where movement of the calcium ion Ca2+ into and out of the cytoplasm functions as a signal for many cellular processes. As a major material used in mineralization of bones and shells, calcium is the most abundant metal by mass in many animals. Phosphorus is essential for life. As phosphate, it is a component of DNA, RNA, ATP, and also the phospholipids that form all cell membranes. Demonstrating the link between phosphorus and life, elemental phosphorus was historically first isolated from human urine, and bone ash was an important early phosphate source.

Quail eggs have been used for thousands of years for a healing food. Chinese medicine uses include quail eggs to help with rhinitis, asthma, hay fever and skin conditions. Quail egg is often found in facial and hair products.

Quail eggs have a high HDL cholesterol content ("good fat") and they are a high protein food providing higher levels of the B complex and are a non inflammatory food. The above listed vitamin and mineral evaluations, easily found through the internet or found in medical dictionaries, show you why... Humans can become deficient in dietary nutrition by eating over processed and packaged foods. Returning to Whole Food, Slow Food and Organic Food gives the body, nutrients once found by eating wild, fresh and nutrient dense food. It is science based. It is medically documented, whether it be on-line, in books or medical journals.

Now Quail Eggs are being spotlighted on famous chef cooking shows and health talk shows. The nutrient dense nature of Whole Foods, Slow Food and Organic Food, such as the Quail Egg are needed for the human animal to survive and further...thrive.

We wanted to explore the list of nutrients the Quail Egg contain at higher levels than a Chicken Egg and their role in the body. This nutritional point of view explains the consumption and prescription in both ancient and modern times of the Quail Egg for health.

Do Quail eggs have cholesterol? Yes! The good kind. Quail eggs are rich in HDL cholesterol.

HDL cholesterol helps balance
the bad LDL cholesterol in blood levels. So Quail Eggs have the good kind of fat. Not all fat is bad. Not all cholesterol is bad. Remind yourself by associating HDL with that H equaling “Happy”. LDL can be remembered by the L equaling “Lousy”. Humans actually benefit by ingesting foods with higher HDL cholesterol.

Finally...Quail Eggs taste richer. Due to the increased levels of trace minerals stated above, there is a fuller flavor to the Egg of a Quail. Some have described the taste as “richer” or “like butter”. Quail are naturally insectivorous and consume mostly seeds and grasses or legumes in the wild. Their shell is more protective than that of a Chicken egg, utilizing a stronger membrane just under the hard shell. This membrane makes it more difficult for bacteria to enter naturally. We think the Quail lay a fantastic “wild egg” in every sense of the word! Enjoy them. For their natural beauty, taste and health. We encourage you to discover with us the important reasons Quail Eggs are such an important re-discovery in the modern day health conscious consumer. Families with children growing up in this era in which we are learning about food allergens, intollerance, the effects of Genetically Modified Organism farming effecting our health and that of our children.