

In fact, studies show that **eggshell calcium** is well **absorbed** and may strengthen the bones of people with osteoporosis. Preparing **eggshell** powder at home is easy. After boiling and drying the **shells**, **you can** crush them with a pestle and mortar and mix the powder with water or add it to food. Nov 17, 2017



The Benefits and Risks of Eating Eggshells - Healthline

<https://www.healthline.com/nutrition/eggshells-benefits-and-risks>

Eggshells are roughly 40% calcium, with each gram providing 381–**401 mg** (2, 3). Half an eggshell may provide enough calcium to meet the daily requirements for adults, which is **1,000 mg** per day (2, 4). Summary Eggshells are commonly used as a calcium supplement. Nov 17, 2017



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A fish oil capsule is 10 calories and has 9 grams of fat in it.

Nutrition Facts

Egg

Serving Size:  1 large (50g)

Amount Per Serving

Calories 72

Calories from Fat 43

% Daily Value*

Total Fat 4.8g 7%

Saturated Fat 1.6g 8%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.8g

Cholesterol 186mg 62%

Sodium 71mg 3%

Potassium 69mg 2%

Total Carbohydrates 0.4g 0%

Dietary Fiber 0g 0%

Sugars 0.2g

Protein 6.3g

Vitamin A 5.4%

Vitamin C 0%

Calcium 2.2%

Iron 4.9%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Beef Heart

Serving Size:  16 oz (453.3g)

Amount Per Serving

Calories 748

Calories from Fat 193

% Daily Value*

Total Fat 21.3g **33%**

Saturated Fat 6.3g **32%**

Trans Fat 0.7g

Polyunsaturated Fat 4.3g

Monounsaturated Fat 4.7g

Cholesterol 961mg **320%**

Sodium 267.3mg **11%**

Potassium 992.7mg **28%**

Total Carbohydrates 0.7g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 129g

Vitamin A 0%

Vitamin C 0%

Calcium 1.7%

Iron 160.7%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Blueberry Yogurt

Serving Size:  1 container (6 oz) (170g)

Amount Per Serving

Calories 168

Calories from Fat 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.3g **7%**

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0.5g

Cholesterol 8.5mg **3%**

Sodium 90mg **4%**

Potassium 301mg **9%**

Total Carbohydrates 32g **11%**

Dietary Fiber 0g **0%**

Sugars 32g

Protein 6.8g

Vitamin A 1.4%

Vitamin C 1.7%

Calcium 18%

Iron 0.6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Carrot

Serving Size:  1 cup (156g)

Amount Per Serving

Calories 55

Calories from Fat 2.5

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0.1g 0%

Trans Fat 0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Potassium 367mg 10%

Total Carbohydrates 13g 4%

Dietary Fiber 4.7g 19%

Sugars 5.4g

Protein 1.2g

Vitamin A 531%

Vitamin C 9.4%

Calcium 3.6%

Iron 2.9%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Apple

Serving Size:  1 medium (3" dia) (182g)

Amount Per Serving

Calories 95

Calories from Fat 2.8

% Daily Value*

Total Fat 0.3g **0%**

Saturated Fat 0.1g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 1.8mg **0%**

Potassium 195mg **6%**

Total Carbohydrates 25g **8%**

Dietary Fiber 4.4g **18%**

Sugars 19g

Protein 0.5g

Vitamin A 2%

Vitamin C 14%

Calcium 0.8%

Iron 1.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Beef Kidney

Serving Size:  16 oz (453.3g)

Amount Per Serving

Calories 714.7

Calories from Fat 192

% Daily Value*

Total Fat 21.3g **33%**

Saturated Fat 6.4g **32%**

Trans Fat 1.2g

Polyunsaturated Fat 5.2g

Monounsaturated Fat 4.4g

Cholesterol 3248mg **1083%**

Sodium 426.7mg **18%**

Potassium 613.3mg **18%**

Total Carbohydrates 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 122.7g

Vitamin A 0%

Vitamin C 0%

Calcium 6.4%

Iron 144%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chicken Leg Quarter

Serving Size:  1 leg, with skin (258g)

Amount Per Serving

Calories 475

Calories from Fat 209

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 6.3g **32%**

Trans Fat 0.1g

Polyunsaturated Fat 4.8g

Monounsaturated Fat 9.2g

Cholesterol 328mg **109%**

Sodium 253mg **11%**

Potassium 681mg **19%**

Total Carbohydrates 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 62g

Vitamin A 3.5%

Vitamin C 0%

Calcium 2.4%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chicken Skin

Serving Size: oz (56g)

Amount Per Serving

Calories 254 Calories from Fat 205

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 6.4g **32%**

Polyunsaturated Fat 4.8g

Monounsaturated Fat 9.5g

Cholesterol 46mg **15%**

Sodium 36mg **2%**

Potassium 76mg **2%**

Total Carbohydrates 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 11g

Vitamin A 2.9%

Vitamin C 0%

Calcium 0.6%

Iron 4.7%

* Percent Daily Values are based on a 2000 calorie diet.

Inulin Powder:

Nutrition Facts

Serving Size: teaspoon (9g)

Amount Per Serving

Calories 15

% Daily Value*

Total Carbohydrates 8.7g **3%**

Dietary Fiber 8.1g **32%**

* Percent Daily Values are based on a 2000 calorie diet.

