

Explore the Recent Trends Going On: a Wide Array of Applications of Egg Protein

Egg Protein Market by Type, Application, and Form : Global Opportunity Analysis and Industry Forecast, 2019–2026.

PORTLAND, OR, UNITED STATES, March 4, 2022 /EINPresswire.com/ -- Everyone knows that eggs are healthy and a great source of high quality protein, especially egg white. One whole egg contains six to seven grams of protein, along with vitamins, minerals, iron, carotenoids, and disease fighting nutrients like zeaxanthin and lutein. It also contains all nine essential amino acids in the right ratios.

Getting enough protein is very important for bodybuilders in order to build their muscles, which is why, they usually consume a lot of egg white in a day. It is also very important for every other individual to consume required amount of protein to keep their bones, tissues, blood, hair, and skin healthy. The Recommended Dietary Allowance (RDA) is the amount of a nutrient you need to meet your basic nutritional requirements. The RDA for protein is more than 0.6 gms of protein per kgs of body weight.

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It helps to maintain and repair body tissues, including muscle.

Egg protein strengthen the immune system and keeps it healthy. A strong immune system also helps a person look and feel well.

It can lower risk of heart diseases.

It is essential for the brain and the nervous system to function effectively.

Consumption of egg white makes people feel full for a longer period, thus can reduce the urge to snack and lessen the overall consumption of calories.

Applying egg white in hair can make the hair look shiner.

Egg white facemasks have skin tightening effects and absorb excess oil from the skin, thereby, improves the overall skin appearance.

Egg proteins possess many properties and bioactivities which make them perfect for usage in the preparation of a wide array of beverage and food products. Egg whites have been used in cooking and baking from decades because they have an excellent capability to leaven or blow up foods when air or moisture is hit into them. Also, egg whites can maximize their volume up to eight times, thus, can enhance the volume and structure of food cake, soufflés, and meringues.

According to a report published by Allied Market Research, the global egg protein market size is projected to reach \$38.9 billion with a significant CAGR from 2019 to 2026. Europe is currently holding the highest market share of global egg protein market. Surge in awareness about the functions and benefits of egg proteins in human health has boosted the demand of egg proteins in food & beverages industries across the world. It can be used as a foaming agent, thickening agent, texturizer, emulsifier, and gelling agent.

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Furthermore, owing to rise in health consciousness among consumers, the global egg protein market is growing to a great extent. Consumers have shifted their focus towards healthy and nutritional diet. In addition, consumers have increased their protein consumption to gain extra nutrition from the protein supplements prepared using egg proteins.

With this drift on board, the market key players are adopting different development strategies and are coming up with new egg protein supplements to reach out to the customer and to meet the growing demand. The egg protein powder form is the most preferred one among all.

Recently, a Switzerland retail firm launched the world's first plant based hard boiled eggs named V Loved the Boiled. It is at first available in selective stores. It is made up from soy protein and looks like a usual picnic egg and can be cut & prepared in the same way.

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Similarly, Chula researchers have discovered an idea to transform egg whites into noodles, one of the favorite foods that Thais and other Asians love to eat on a daily basis. These egg white protein noodles named Tann:D are made up from 100% egg white with no flour, no preservatives, and no gluten. The noodles don't taste like boiled eggs because they are coated with a plant based protein. Consumers are expected to love it as it tastes similar like Chinese vermicelli. The egg noodles can be eaten right out of the package as they are made as ready to eat without even having to blanch or boil first.

Likewise, several other egg protein manufacturers across the world are investing on research and development activities to enhance the performance and functions of egg protein ingredients. They are innovating new applications of egg proteins in order to stay competitive in the market. This in turn, is expected to offer huge prospects and exponential growth to the global egg protein market in the near future.

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