Eggs have been consumed throughout human history, though the full potential of this nutritionally complete food has yet to be realized in many resource-poor settings around the world. Eggs provide essential fatty acids, proteins, choline, vitamins A and B12, selenium, and other critical nutrients at levels above or comparable to those found in other animal-source foods, but they are relatively more affordable. Cultural beliefs about the digestibility and cleanliness of eggs, as well as environmental concerns arising from hygiene practices and toxin exposures, remain as barriers to widespread egg consumption. Homestead chicken-and-egg production can simultaneously address poverty and nutrition in very poor rural households. With undernutrition remaining a significant problem in many parts of the world, eggs and chickens may be an uncracked part of the solution.

About the Speaker

David Bunn is currently the Director of the California Department of Conservation. Dr. Bunn was Associate Director of the International Programs Office of the College of Agricultural and Environmental Sciences at the University of California, Davis. He was a Project Director and researcher at the One Health Institute in the School of Veterinary Medicine, where his work included directing international research projects and training programs in West and East Africa and in Nepal.

Dr. Bunn earned a PhD in Conservation Ecology, a Masters of Science in International Agricultural Development, and a Bachelor of Science in Wildlife Biology from the University of California, Davis.

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