

## Estimation of Per Capita Consumption of Chicken Egg and Attitude of Tehrani Families towards Factors Influencing Egg Consumption in 2018

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**Background:** Eggs are of the few naturally occurring foods that meet the needs of human body in a balanced manner. The present study was conducted to determine the rate of egg per capita consumption in Tehran city in 2018. **Methods:** The present cross-sectional study was conducted on 4,213 heads of families living in 22 regions of Tehran. Selected randomly using multistage cluster sampling method. The research data were collected through a researcher-made questionnaire completed by interviews. **Results:** Mean egg consumption per person was 2.58 per week and 134 per capita (95%CI; 134-137). Moreover, 39.59% of the participants believed that brown-shelled eggs had a higher nutritional value and 61.99% were unaware about the presence of omega 3-enriched eggs. Concerning the participants' attitudes towards egg consumption effective factors, the recommendations of physicians and nutritionists to use eggs and knowing about harmlessness of cholesterol found in eggs received the mean highest scores of 3.47 and 3.31, respectively. **Conclusion:** Per capita consumption of eggs among families in Tehran was much lower than the recommended standards. Physicians and nutritionists are recommended to try to raise the community awareness about the nutritional value and correct the misconceptions about egg cholesterol

**Keywords:** Egg, Per capita, Cholesterol, Attitude, Tehran