CHICKEN VS. QUAIL

Chicken

- 7 eggs
- 21 days to hatch
- bigger chicks when hatched
- 4-6 months to lay
- large brown eggs
- 200-250 eggs/year
- average life span 5-10 yrs.

Quail

- 12 eggs
- 18 days to hatch
- smaller chicks when hatched
- 6-8 weeks to lay
- tiny multi colored eggs
- 250-300 eggs/year
- average life span 2-5 yrs

Egg Benefits

Quail Eggs

https://www.healthbenefitstimes.com/quail/amp

- 3x-4x more vitamins, mineral & nutritional value than chicken eggs.
- No known allergys to quail eggs in USA
- Improves vision
- Raises energy levels
- Maintains healthy skin
- Promotes brain function
- Reduces blood pressure
- Increases metabolism
- Promotes heathly hair
- Prevents anemia
- Enhances body development
- Maintains healthy teeth
- Prevents bladder stones
- Reduces the risk of heart disease
- Builds muscle
- Promote sexual function
- Asthama remedy
- Stimulates growth
- Improves immunity & memory
- Balance cholesterol
- Cleanse the body
- Soothe Allergies

DiamondBHatching.com

Egg Benefits

Chicken Eggs

https://www.healthline.com/nutrition/proven-health-benefits-of-eggs

https://www.health.harvard.edu/nutrition/eggs-protein-and-cholesterol-how-to-make-eggs-part-of-a-heart-healthy-diet

- Essential vitamins & minerals, a single egg contains:
  - Vitamin A: 8% of DV (Daily Value)
  - Folate: 6% of DV
  - Pantothenic acid (vit. B5): 14% of DV
  - Vitamin B12: 23% of DV
  - Riboflavin (vit. B2): 20% of DV
  - Phosphorus: 7% of DV
  - Selenium: 28% of DV
  - Also contains amounts of vit D, vit. E, vit B6, calcium & zink
- Omega-3-enriched eggs are more nutrient dense
- Raises HDL (the "good") cholesterol
- Contains choline
  - builds cell membranes
  - good for your brain & nerves
- Linked to reduce risk of heart disease
- Antioxidants lutein & zeaxanthin promotes eye health
- Omega -3 lowers triglycerides
- High quality protein
  - eating protein reduces levels of ghrelin the hormone that makes you hungry
- Egg yolk can potentially be a prevenative stratey against age-related degeneration.

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