

## ANALYTICAL AND NUTRITIONAL EVALUATION OF THE EGGS „KAROTINAS“ (“CAROTINE”)

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**Summary.** Functional foodstuffs enrich the supplies of foodstuffs for already ten years. Since 2001 such foodstuffs are also produced in Lithuania and one of them - the eggs "Karotinas". High beta-carotene concentration indicated on the label of the box of these eggs contradicts to the data published in scientific literature. That is why egg analysis was performed; carotenes, carotenoids, retinol, vitamin E and fatty acids were investigated in a sample of 10 eggs „Karotinas“. The following concentrations per egg (57.5 g) were determined: 168 µg total carotenoids, 88 µg retinol, 1.7 mg vitamin E, 1770 mg saturated fatty acids, 2607 mg mono-unsaturated fatty acids, 1023 mg omega-6-fatty acids und 96 mg omega-3-fatty acids (84 mg of them alpha-linolenic acid). The eggs do not contain carotenes, even though 315 µg beta-carotene per egg were declared. The concentrations of retinol (337 µg), vitamin E (3.72 mg) and alpha-linolenic acid (200 mg) given on the labels of the egg-boxes could not be confirmed analytically.

**Keywords:** egg, carotenes, carotenoids, retinol, vitamin E, fatty acids.