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ChulaÂ Faculty launches egg white rice

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Bangkok-based Chula Faculty of Allied Health Sciences has launched a ready-to-eat flourless rice innovation made from egg whites, branded "eggyday". This product is low in calories, filled with good-quality protein, high in calcium, complete with dietary fibres, and free of gluten. It is suitable for health-conscious people trying to control their weight, the elderly, and those suffering from diabetes.

Rice is a staple food for Thai people and is always present at every meal. However, consuming too much rice can negatively affect health, leading to weight gain and high blood sugar levels, particularly for diabetic patients who must control their consumption of starch and sugar.

Therefore, a research team, led by Professor Dr Sirichai Adisakwattana, Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, Chulalongkorn University, Head of the research project on egg white rice products, and Co-Founder of

Thandee Innofood Co., Ltd. Startup, Faculty of Allied Health Sciences, Chulalongkorn University developed "eggyday" egg white rice substitute through Protein Transformation technology, then shaped into rice grains, and finally sterilised at 121 degrees Celsius heat.

"The production process transforms the egg white protein structure into egg white rice that has the shape, taste, and texture of rice while still maintaining egg white complete nutritional value," said Prof. Dr Sirichai.

Guaranteed by the Bangkok International Intellectual Property Invention Innovation and Technology Exposition award, "eggyday" egg white rice is perfect for people with weight problems and those who have undergone stomach surgery due to obesity. It also works well for health-conscious individuals and suits the lifestyle of city dwellers who often do not have time to prepare their meals.