

Eggs Unscrambling the Facts



Why do some people consider eggs unhealthy, despite being loaded with vitamins and nutrients? Eggs are high in cholesterol (186 mg), which is found in the yolk, and therefore thought to contribute to heart disease. When scientists learned that high blood cholesterol was associated with heart disease, foods high in cholesterol became suspect, eggs being one of them. However, in 2000 the American Heart Association gave healthy adults the green light to enjoy eggs, allowing for an egg a day for healthy adults, while still advising a total daily cholesterol limit of 300mg. Individuals with diabetes are advised to eat no more than 4 eggs a week. However, a recent study by Fuller (2014) demonstrated that people with type 2 diabetes who ate an egg a day did not increase their LDL (bad) cholesterol level.

Scientists have learned that the cholesterol in food is not the main risk factor for heart disease; rather foods with saturated fats have a bigger impact on blood cholesterol levels. These fats trigger the body to produce cholesterol. Eggs have a minimal effect on blood cholesterol levels.

Eggs have been referred to as a super food because it contains 13 essential vitamins (A, B12, B3, B5, etc.) and nutrients (choline, lutein, etc.), high quality protein (7grams), and are low in saturated fat, carbohydrates and calories. The protein in eggs helps control hunger and slows the absorption of glucose.

If you are still concerned about eggs, consider egg whites – they are still loaded with protein, but contain little cholesterol.

The way you prepare your eggs is important. Cook your eggs fully, without runny yolks or whites. This will reduce the possibility of getting sick from the bacteria Salmonella.

Sources: University of Florida, Harvard Medical School, and American Egg Board

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