



Be Egg-travagant Again!!!



Eggs are an all natural source of high-quality protein. In addition, one **egg** provides several B vitamins required for the production of energy in the body, such as thiamin, riboflavin, folate, B12 and B6, as well as vitamin D and antioxidants (lutein and zeaxanthin), all for 70 calories. At less than 15 cents apiece, **eggs** are an affordable and versatile protein option.

One **egg** provides more than six grams of protein, or 13 percent of the recommended Daily Value (DV), and nearly half is found in the yolk. In fact, the protein quality in an **egg** is so high that scientists often use eggs as the standard for measuring the protein quality of other foods.

The “nutrient package” of **eggs** aids in the following:

- **Weight management:** The high-quality protein in **eggs** helps you to feel fuller longer and stay energized, which contributes to maintaining a healthy weight.¹
- **Muscle strength and muscle-loss prevention:** Research indicates that high-quality protein may help active adults build muscle strength and help prevent muscle loss in middle-aged and aging adults.²
- **Healthy pregnancy:** **Egg** yolks are an excellent source of choline, an essential nutrient that contributes to fetal brain development and helps prevent birth defects. Two eggs provide about 250 milligrams of choline, or roughly half of the recommended daily intake for pregnant and breastfeeding women.³
- **Brain function:** Choline also aids the brain function of adults by maintaining the structure of brain cell membranes, and is a key component of the neuro-transmitter that helps relay messages from the brain through nerves to the muscles.⁴
- **Eye health:** Lutein and zeaxanthin, two antioxidants found in **egg** yolks, help prevent macular degeneration, a leading cause of age-related blindness. Though eggs contain a small amount of these two nutrients, research shows that the lutein from eggs may be more bioavailable than lutein from other food sources.⁵

Many people are afraid of eating **eggs** – despite their taste, value, convenience and nutrition – for fear of dietary cholesterol. However, more than 40 years of research have shown that healthy adults can enjoy **eggs** without significantly impacting their risk of heart disease. The average amount of cholesterol in one large **egg** is 185 mg, down from 215 mg, a 14 percent decrease from the past. Studies demonstrate that healthy adults can enjoy an **egg** a day without increasing their risk for heart disease when they eat a heart healthy diet. The Dietary Guidelines for Americans and the American Heart Association recommend that individuals consume, on average, less than 300 mg of cholesterol per day whereas a single large **egg** contains 185 mg cholesterol.

A 2008 study from Surrey University published in the European Journal of Nutrition provides evidence that increasing dietary cholesterol intake by eating two **eggs** a day does not increase total plasma cholesterol when accompanied by moderate weight loss. The study authors concluded that cholesterol-rich foods should not be excluded from dietary advice for weight loss.⁶

A study presented at the Experimental Biology conference in 2007 showed that egg consumption contributed less than one percent of the risk for heart disease when other adjustable risk factors were taken into account. The researchers concluded that wide-sweeping recommendations to



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limit egg consumption may be misguided, particularly when eggs' nutritional contributions are considered.⁷ In 2006, Nutrition Bulletin published a review of scientific studies from the past 30 years showing that eating eggs daily does not have a significant impact on blood cholesterol or heart disease risk.⁸

A six-week study conducted by researchers at the Yale Prevention Research Center in 2005 showed that adding two eggs a day to a healthful diet did not significantly increase blood cholesterol levels in young or middle-aged men and women with normal or even moderately elevated blood cholesterol levels.⁹

A 1999 Harvard University study that collected data from more than 100,000 men and women found no significant difference in heart disease risk between healthy adults who ate less than one egg a week and those who ate more than one egg a day, and that eating up to one egg a day is unlikely to have a significant overall impact on the risk of heart disease or stroke.¹⁰

So choose eggs as part of your heart-healthy eating habits and enjoy some of the recipes below.

REFERENCES

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³ Zeisel SH. Choline: Critical role during fetal development and dietary requirements in adults. *Annu Rev Nutr,* 2006; 26:229-50.

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⁵ Chung HY, et al. Lutein bioavailability is higher from lutein-enriched eggs than from supplements and spinach in men. *J Nutr.* 2004; 134:1887-1893.

⁶ Harman Nicola L, Leeds, Anthony R, and Griffin, Bruce A. Increased dietary cholesterol does not increase plasma low density lipoprotein when accompanied by an energy-restricted diet and weight loss. *European Journal of Nutrition.* 2008; 47:287-293.

⁷ Tran NL, et al. Balancing and communicating risks and benefits associated with egg consumption – a relative risk study. Presented at Experimental Biology 2007, Washington, D.C.

⁸ Lee A and Griffin B. Dietary cholesterol, eggs and coronary heart disease risk in perspective. *Nutrition Bulletin (British Nutrition Foundation).* 2006; 31:21-27.

⁹ Katz DL, et al. Egg consumption and endothelial function: a randomized controlled crossover trial. *Int J Cardiol.* 2005; 99:65-70.

¹⁰ Hu FB, et al. A prospective study of egg consumption and risk of cardiovascular disease in men and women. *JAMA.* 1999; 281:1387-94.

Additional Resources:

<http://www.aeb.org/>

<http://www.eggnutritioncenter.org/>

<http://www.incredibleegg.org/>

<http://www.eggsafety.org/>

Egg Recipes:

<http://www.aeb.org/foodservice/recipes>

<http://www.incredibleegg.org/recipes>



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