

Good news: an egg a day is okay

It's time to celebrate - the cholesterol in eggs is not detrimental to your heart health!

If you are one of the thousands of cholesterol-concerned Canadians, you can start enjoying eggs again. The facts are clear: you can have an egg every day without increasing your risk of heart disease. Scientific research has shown that eggs are not a concern when it comes to managing cholesterol. So go ahead and put the healthy goodness of eggs back on your menu.



Why has there been confusion around eggs and cholesterol? Many Canadians may not realize there are two forms of cholesterol: blood cholesterol and dietary cholesterol. Blood cholesterol is produced naturally by your liver, whereas dietary cholesterol is found in animal-based foods, such as meats, poultry, eggs, seafood and dairy products, and has little impact on blood cholesterol levels in healthy adults.

To keep your heart healthy, experts recommend that you exercise regularly, maintain a healthy weight and choose nutritious foods more often. The cholesterol in eggs has little effect on your blood cholesterol and your heart health. If you are concerned about your blood cholesterol level, reduce the amount of unhealthy saturated and trans fats in your diet as it is foods high in these fats that can raise the level of "bad" (LDL) cholesterol in your blood and increase your risk of heart disease.

Eggs are an excellent choice for a heart-healthy diet. They contain only 70 calories, are low in saturated fat, and have no trans fat. As a matter of fact, a recent study published in the Medical Science Monitor concluded that eating six eggs per week - or an average of one a day - does not increase the risk of stroke. Also, there appeared to be no change in total blood cholesterol levels. The same was proven in a 2006 study of women over the age of 50 who consumed over three eggs per day; "bad" (LDL) cholesterol levels did not significantly increase.

A great way to help protect your heart is to add more omega-3 fatty acids to your diet. Omega-3 eggs give you all the healthy nutrition of regular eggs with additional omega-3 fatty acids and vitamin E. Omega-3 fatty acids can improve your heart health by reducing the risk of blocked blood vessels and preventing hardening of the arteries.

If you enjoy eating eggs, and healthy eating is important to you, it's good to know that Canadian eggs meet the criteria for the Heart and Stroke Foundation's Health Check program, which tells you eggs are a healthy choice. Additionally, according to Eating Well with Canada's Food Guide, two eggs is a serving of Meat and Alternatives.

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