

eggs

For many years it was believed that the consumption of eggs should be limited because they contain dietary cholesterol. However, recent studies indicate that the effect of dietary cholesterol on blood cholesterol is much smaller than the effect of saturated fats. In fact, eggs contain high levels of lecithin, which helps lower cholesterol and keeps it soluble so that it does not form plaque in the blood vessels.

Eggs are a nutritious food, providing protein and a variety of vitamins, minerals and antioxidants. Eggs are packed with high quality protein and varying amounts of 13 essential vitamins and minerals, including vitamins A, B12 and folate. Eggs are the best whole food source of vitamin D. Vitamin D is very important as it aids the absorption of calcium.

Research has also shown that eggs contain lutein, a carotenoid found in the yolks that can help reduce the risk of heart disease. Lutein also reduces the risk of developing cataracts by up to 20%.

Did you know?

The reason that eggs are limited on the Quick Loss Program is because it seems that some people can develop an intolerance if they eat them too often during the day. Over time, eggs may also contribute to high cholesterol levels if they are eaten more than once per day.

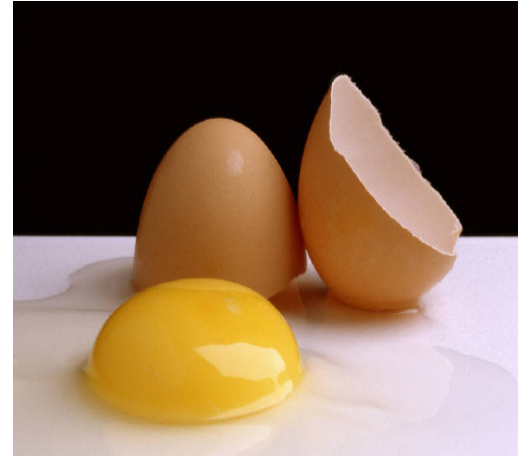
Excessive consumption of any food, including eggs, is unwise. However, the avoidance of eggs is also undesirable and unnecessary. Enjoy the variety that eggs can provide in your diet and take advantage of the high nutrient content of eggs, plus their low cost, convenience and usefulness in recipes.

- Buy organic free range eggs whenever possible. Free range (but not organic) is your second best choice. Choosing organic foods whenever possible is the nearest we can get to eating a pure diet.
- To test the freshness of the egg, place the egg in a sink of cold water. If the egg floats then it is passed its expiry date. A fresh egg will sink!

References:

http://www.acsh.org/publications/story/eggs_2002/

<http://www.enc-online.org/GoodNews.htm>



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