



It's Time to **Rethink**
Eggs and Cholesterol

Good News About Eggs and Cholesterol

It's time to give eggs a break. Did you know eggs do not have a negative effect on blood cholesterol levels for healthy individuals?

In fact, research shows that healthy* adults can enjoy an egg every day without increasing their risk of heart disease.¹



Research confirms that limiting dietary cholesterol has only a small effect on lowering the risk of heart disease. Moreover, avoiding dietary cholesterol can lead to an unbalanced intake of nutrients, which increases your risk of other health problems.

* If you have heart disease, diabetes or are at risk because of family history, please consult your physician or dietitian.



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What is Cholesterol?

Cholesterol is a waxy, natural substance produced by the body and found in all cells. Cholesterol has many essential uses including production of hormones, vitamin D and bile, and the proper functioning of the nervous system.

There are two types of cholesterol: blood and dietary.

Blood cholesterol is produced in the liver and circulated through the blood for use throughout the body. Blood cholesterol is found in all animals. Factors that can affect your blood cholesterol levels include:

- Family history
- Age and gender
- Body weight
- Level of physical activity
- Eating habits



Dietary cholesterol is found in some of the foods we eat such as meat, fish, poultry, milk products and eggs. For most people, dietary cholesterol has little effect on blood cholesterol levels.

Good news: Research shows that eating eggs every day does



Blood Cholesterol: The Good and the Bad

"Good" and **"Bad"** refer to types of cholesterol found in your blood. Your blood carries cholesterol to reach your cells where it is needed.

"Good" blood cholesterol, or high-density lipoprotein (HDL), carries excess cholesterol away from your body's arteries to the liver for disposal. Because of this, HDL can help decrease your risk of heart disease.

"Bad" blood cholesterol, or low-density lipoprotein (LDL), takes cholesterol to your body's cells. When too much "bad" cholesterol or LDL moves through the blood in the arteries, it can increase your risk of heart disease. Eating foods that are high in saturated and *trans* fats can increase the levels of LDL in your blood.

not significantly raise LDL cholesterol levels or contribute to the

What are Saturated and *Trans* Fats? What Effect Do They Have on Heart Disease?

Saturated and *trans* fats are two types of fats found in foods like fried foods, pastries and processed foods. According to the Heart & Stroke Foundation of Canada, saturated and *trans* fats increase blood cholesterol and the risk of heart disease.³ Obesity, diabetes and poor overall cardiovascular health are also risk factors.

Tip:

If you are concerned about your blood cholesterol level, reduce the amount of saturated and *trans* fats in your diet. **Eggs are low in saturated fats and do not contain any *trans* fat.** So, make eggs part of your healthy diet and feel good about eating them regularly.



risk of heart disease for most healthy men and women.^{1,2}

Experts Agree: Eggs are a Nutritious Food

Eggs are a healthy part of a balanced diet. That's why both the Health Check™ program and *Canada's Food Guide to Healthy Eating* include eggs as part of a healthy diet.



Health Check™

Canadian eggs are part of the Heart & Stroke Foundation's Health Check™ program. Health Check™ is a national food education program developed to help consumers make healthy food choices.

According to the Health Check™ program, eggs make the grade for nutritional criteria based on *Canada's Food Guide to Healthy Eating*.



Canada's Food Guide to Healthy Eating

A balanced diet includes choices from the four food groups. *Canada's Food Guide to Healthy Eating* considers one to two eggs a serving in the Meat and Alternatives food group.

*Enjoying a variety of foods is part of healthy eating. Eggs are a nutritious food and, like many foods, should be eaten in moderation. Canadian egg producers financially support the Health Check™ education program. This is not an endorsement. Visit www.healthcheck.org.

For great recipe ideas and more nutritional information on eggs, visit www.eggs.ca!

Give Eggs a Break!

Delicious and convenient, eggs are a nutritious addition to a healthy diet.

Good news:

Eggs are low in saturated fats and do not contain any *trans* fat. One large egg contains only 70 calories and provides 14 essential nutrients you need to stay healthy and active.

Nutrition Facts

Per 1 large egg (50 g)

Amount % Daily Value

Calories 70

Fat 5 g 8 %

Saturated 1.5 g 8 %
+ *Trans* 0 g

Cholesterol 190 mg

Sodium 55 mg 2 %

Carbohydrate 0 g 0 %

Fibre 0 g 0 %

Sugars 0 g

Protein 6 g

Vitamin A 8 % **Vitamin C 0 %**

Calcium 2 % **Iron 4 %**

Vitamin D 8 % **Vitamin E 10 %**

Riboflavin 15 % **Niacin 6 %**

Vitamin B₁₂ 30 % **Folate 15 %**



Sources:

1. Hu *et al.*, 1999. A prospective study of egg consumption and risk of cardiovascular disease in men and women. *JAMA* 281(15):1387-01394.
2. Katz *et al.* Egg consumption and endothelial function: A randomized controlled crossover trial. *Int J Cardiol* 99(1), 65-40 (2005)
3. <http://www.heartandstroke.ca>

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