



# HEART HEALTH

INCLUDE **EGGS** AS PART OF A *Heart-healthy* DIET!

Eggs are a nutrient dense choice, providing a good or excellent source of eight essential nutrients. Recent recommendations from the 2015-2020 Dietary Guidelines for Americans and other organizations such as the American Diabetes Association include eggs as part of healthy eating patterns and no longer include a limit on dietary cholesterol.

So what is a heart-healthy diet? Experts agree that healthy eating patterns include nutrient-dense foods such as fruits, vegetables, whole grains, low-fat or fat-free dairy and lean protein sources.

Nutrient-rich eggs are a perfect complement to an overall heart-healthy diet.

#### REFERENCES:

1. Shin et al. Egg consumption in relation to risk of cardiovascular disease and diabetes: a systematic review and meta-analysis. *Am J Clin Nutr.* 2013;98:146-59.
2. Rong et al. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. *BMJ.* 2013;346:e8539.
3. Sawrey-Kubicek L et al. Whole egg consumption compared with yolk-free egg increases the cholesterol efflux capacity of high-density lipoproteins in overweight, postmenopausal women. *Am J Clin Nutr.* 2019 [e-pub ahead print].
4. DiMarco DM, et al. Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline while Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. *Lipids.* 2017;52:255-263.
5. Alexander DD, et al. Meta-analysis of Egg Consumption and Risk of Coronary Heart Disease and Stroke. *J Am Coll Nutr.* 2016;35:704-716.
6. Key et al. Consumption of Meat, Fish, Dairy Products, and Eggs and Risk of Ischemic Heart Disease. *Circulation.* 2019;139:2835-2845.

#### KEY MESSAGES

- Cholesterol is no longer a nutrient of concern. Government & health organizations have removed dietary cholesterol limits & include eggs in recommended healthy eating patterns.
  - The 2015-2020 Dietary Guidelines for Americans include eggs in all three recommended eating patterns, including the Healthy Vegetarian, Healthy Mediterranean and Healthy U.S. patterns.
- The majority of scientific evidence demonstrates that eggs, when consumed as part of an overall healthy diet, do not affect risk factors for heart disease<sup>1,2</sup> In fact, some studies demonstrate a benefit to egg consumption:
  - One study demonstrated that consumption of two whole eggs/day improved the function of HDL cholesterol.<sup>3</sup>
  - A recent study shows that eating 1-3 eggs per day resulted in increased HDL (“good”) cholesterol, decreased blood pressure and did not change LDL (“bad”) cholesterol levels.<sup>4</sup>
  - A recent meta-analysis shows daily egg intake is linked to a 12 percent decreased risk of stroke and is not associated with CHD.<sup>5</sup>
  - In a large cohort of over 400,000 men and women, every ½ an egg per day was linked to a 7% decreased risk for heart disease.<sup>6</sup>

# HEART HEALTH

## Spread the Word



▶ EGG NUTRIENTS FOR HEALTH VIDEO

Watch the video @ [EggNutritionCenter.org/EggsBenefitTheBody](http://EggNutritionCenter.org/EggsBenefitTheBody)

**f** THERE ARE MANY WAYS EATING EGGS CAN BENEFIT THE BODY. One example is increased HDL (“good”) cholesterol levels and the association with decreased stroke risk. Find out more in this video: [EggNutritionCenter.org/EggsBenefitTheBody](http://EggNutritionCenter.org/EggsBenefitTheBody)

**t** **SCIENTIFIC EVIDENCE DEMONSTRATES**, that eggs, when consumed as part of a healthy diet, do not negatively impact risk factors for heart disease. Learn more here: [EggNutritionCenter.org/BroaderScience](http://EggNutritionCenter.org/BroaderScience)

**t** Eggs are a perfect complement to an overall heart-healthy diet, and **INCLUDED IN ALL HEALTHY EATING PATTERNS** recommended in the 2015 Dietary Guidelines for Americans. [EggNutritionCenter.org/HealthyEatingPatterns](http://EggNutritionCenter.org/HealthyEatingPatterns)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT EATING FOR HEART HEALTH.

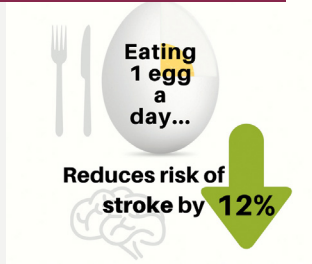


**RECIPE IDEA**

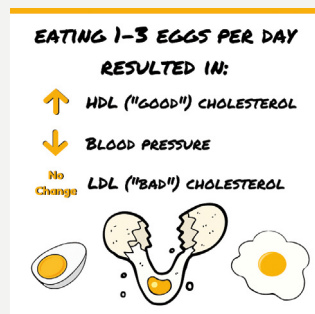
## Shaka-Zoodles

Download recipe @ [EggNutritionCenter.org/ShakaZoodles](http://EggNutritionCenter.org/ShakaZoodles)

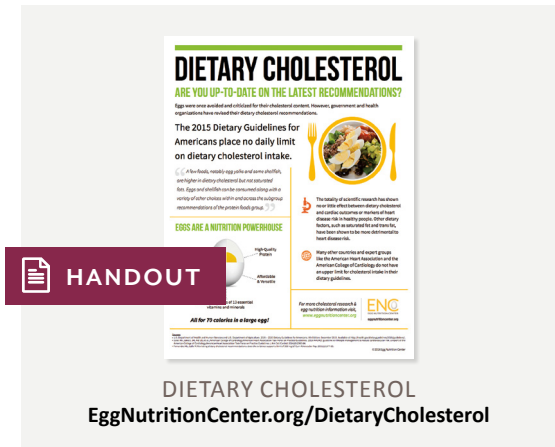
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STROKE RISK  
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1-3 EGGS PER DAY  
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**HANDOUT**

DIETARY CHOLESTEROL  
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