

# Things I like to eat:

## Eggs



SUMMARY: In the past I stayed away from eggs. I was actually afraid of them since they were high in cholesterol. They were vilified by well-meaning doctors and scientists researching heart disease. Now I enjoy 1 whole egg a day, a few times a week without the unhealthy added side dishes like bacon or homefries. I enjoy how they make me feel full and how they have some very healthy nutrients, especially for the eyes (see sidebar). But if you have heart disease or diabetes please limit. For everyone else one a day is a safe bet.

*The Dietary Guidelines for Americans* removed the prior recommendation to limit consumption of dietary cholesterol to 300 mg per day ( an egg has 200 ), but it would be wise for those people who have diabetes and heart disease to limit egg consumption to no more than three yolks per week. Harvard suggests for those looking to eat a healthy diet, keeping intake of eggs moderate to low will be best for most, emphasizing plant-based protein options when possible. [See what the Mayo Clinic Says.](#)

Research: According to the latest according to the latest study to look at the question of egg and health, published April 1, 2022, in *Circulation*. Researchers found that egg consumption — about one a day — and greater dietary cholesterol was linked to a slightly higher risk of dying from cardiovascular disease. According to Harvard Health usual caveat applies, however: observational research like this can't prove cause and effect. Still, the findings support what many preventive cardiologists recommend for people who have heart disease or are at risk for it: if you like eggs, limit your consumption to a few per week, and have them with other healthy foods, such as a scrambled egg with vegetables and whole-grain toast. The American Heart Association suggests one egg (or two egg whites) per day for people who eat them, as part of a healthy diet.

From [Heart.org](https://www.heart.org): At just 78 calories each, eggs are an efficient, rich source of protein and vitamins. A large egg contains about 6 grams of protein. Eggs also are a good source of other nutrients, including vitamin D (which aids bone health and the immune system) and choline (which helps metabolism and liver function, as well as fetal brain development).

Egg yolks also can be good for the eyes; they are significant sources of lutein and zeaxanthin, which have been found to reduce the risk of cataracts and macular degeneration, the leading cause of blindness in people 55 and older.