

Eggs and Cholesterol

Eggs are packed with nutrients and protein, but do they raise cholesterol? Recent research suggests that eating one egg per day does not impact blood cholesterol levels or increase heart disease risk in healthy individuals.

Eggs and Cholesterol: What You Need to Know

- One large egg contains 213 mg of cholesterol, all in the yolk.
- Dietary Guidelines recommend staying under 300 mg of cholesterol per day for general health, and under 200 mg per day for those at high risk of heart disease.
- Eggs are highly nutritious providing iron, zinc, B vitamins, vitamins A and D, and essential carotenoids.

Making Eggs Part of a Heart-Healthy Diet

- Limit high-cholesterol foods (such as fatty meats and full-fat dairy) when eating whole eggs.
- Substitute plant-based proteins like beans, nuts, or tofu in other meals.
- Choose eggs enriched with Omega-3s for added heart health benefits.



Smart and Delicious Ways to Enjoy Eggs

- Soft-boiled egg on a salad, sandwich, or breakfast plate.
- Hard-boiled eggs for a quick and easy snack.
- Breakfast burrito with egg whites, veggies, lean turkey sausage, and tomatoes.
- Egg salad sandwich using Greek yogurt or healthy mayo.
- Egg-white omelet with spinach, tomatoes, and herbs.
- Scrambled eggs on a whole wheat English muffin.
- Veggie frittata with low-fat cheese, spinach, and tomatoes.
- Scrambled eggs with bruschetta made with tomatoes and basil.
- Breakfast tacos with eggs, potatoes, and onions.



Eggs are a nutrient-rich, affordable, and versatile food that can be part of a healthy, balanced diet. Talk to your healthcare provider about how eggs fit into your nutrition plan!

We're committed to your health. Contact us today for more information.



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