



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

5/2: Eggs

Eggs are inexpensive, convenient to prepare, and tasty. They can be enjoyed in a variety of ways. But are they healthy? Should we avoid them altogether, eat only the egg whites or consume the entire egg?

Here's the "eggcellent" news. Egg yolks are one of the most nutritious foods on the planet. In fact, whole eggs are so nutritious that they're sometimes referred to as "nature's multivitamin."

So How Did Eggs Get Such a Bad Rap?

Eggs have been demonized because of their cholesterol content. That is unfair. When scientists first learned that high blood cholesterol levels were associated with heart disease, foods high in cholesterol [like eggs] logically became suspects.

After 25 years of study, we've learned that cholesterol in food is not the culprit. The real issue is eating saturated fat. Full-fat dairy products and fatty meats are examples of foods that are loaded with saturated fat. During the digestive process, saturated fat is broken down into fatty acids, which trigger the liver to make too much cholesterol.

Initial longitudinal studies showed an association between people who ate eggs and increased heart disease. This conclusion was flawed! There was never any science that showed eating eggs actually raised cholesterol. Unfortunately, no other relevant factors were considered regarding the population being studied. For example, further investigation revealed that:

The egg-eating folks tended to have sedentary lifestyles. People in the study who ate eggs tended to eat them with whole dairy milk and fatty meats such as bacon, scrapple, and sausage.

The study did not account for how the eggs were prepared. Frying eggs in unhealthy oils or butter plays a greater role in increased heart disease than the eggs themselves. There's a big difference between eating 2 hard-boiled eggs versus 2 fried in butter.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

So, Are Eggs Healthy and Should We Be Eating Them?

Yes, eggs are quite healthy, and we should be eating and enjoying them.

As mentioned, when the association between high cholesterol levels and heart disease was established, people thought eggs shouldn't be consumed because the yolks contained cholesterol. We now understand there are different types of cholesterol - both good and bad.

Although eggs contain small levels of the "bad" LDL cholesterol, regular egg consumption has little or no effect on LDL levels. Eating eggs does, however, help increase healthy HDL cholesterol, which in turn helps lower the risk of cardiovascular disease.

What are the Health Benefits of Eating Eggs?

At just 78 calories each, eggs are a rich source of protein and many vitamins. A large egg contains about 7 grams of protein, and 1.6 grams of saturated fat along with iron, vitamins, minerals, and unique antioxidants.

Eggs are a great source of:

Protein - needed for muscle building

Iron - needed to make red blood cells & certain hormones

Choline - good for nerve function

Antioxidants - unique ones that are good for vision

Vitamin D - good for the bones

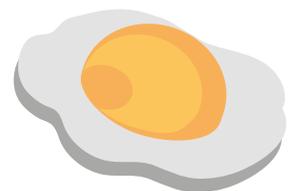
B vitamins - good for the skin, hair, nails and nervous system, promote satiety, curb appetite & overeating

Selenium - good for overall heart health & helps raise good cholesterol

Omega-3 fatty acids - excellent for overall heart health & great sources of vitamin A, E and K (necessary for many important physiological functions)



Conclusion



A popular myth has been busted. Science is on our side, so go ahead and enjoy the wonderfully nutritious egg, guilt-free. And make sure you eat the whole thing. The yolk contains most of the nutrition, plus it's what makes the egg taste good.