



Ask the Dietitian

eggs

I've heard that eggs are bad for my heart and raise cholesterol; is this true?

Eggs are a very heart friendly food and really not as terrible for our heart as we may think. There is no one individual food that will single handedly raise cholesterol or cause heart disease; this includes eggs. The cholesterol content in foods has very little impact on our blood level of cholesterol compared to the fat content of foods; especially foods that are high in saturated fat and trans fat. Eggs do contain cholesterol, but compared to other animal sources of protein (meats, cheese, dairy products), they are very low in fat. One whole egg (yes, including the yolk) only contains about 5 grams of fat and less than 2gm of saturated fat. Eggs are low in calories (70-80 depending on the size of the egg), an excellent source of protein (7gm) and minerals. Given the nutrition facts about eggs, they can very easily be part of a heart healthy diet. Sure, if you fry eggs in bacon grease and have a big greasy breakfast, then the whole meal will be high in fat and saturated fat. One of the great things about eggs is that they are easy to cook and can be prepared in a variety of ways. Try to cook eggs with very little added fat or none at all. For example, hard boiled eggs are cooked without any added fat, just boiling water. For scrambling or sunny side up use a non stick spray in a non stick pan or a small amount (1 teaspoon) of olive or canola oil. Include eggs as part of a heart healthy diet as often as you would like, there really is no need to limit your intake of eggs while trying to lower your cholesterol. There are many brands of eggs that are high in omega-3, which is a heart healthy fat. Using eggs high in omega-3 are a good idea for an added source of omega-3. If you buy these eggs, don't toss out the yolks as this is where all the omega-3 is at.

For further information please call our office and ask to speak to one of our Registered Dietitians

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