

# EGGS & DIETARY CHOLESTEROL



It is now known that dietary cholesterol doesn't really affect blood cholesterol. Many people can tolerate dietary cholesterol without any significant effects to their blood cholesterol. So, is the avoidance of eggs really over?

## WHAT IS CHOLESTEROL?

Your body naturally produces cholesterol, a fat-like substance, producing hormones that your body requires. **Blood cholesterol** is found naturally in your body, whereas **dietary cholesterol** is found in animal food sources, including eggs.

Most of what raises our blood cholesterol is actually genetics, however, high consumption of trans-fats & saturated fats, and other risk factors such as refined carbohydrates, smoking, obesity, sedentary lifestyle, age & diabetes, also contribute to increasing your blood cholesterol.

If you do have high cholesterol, try removing saturated fat foods and refined carbohydrates from your diet, increase your fibre intake, and add healthy fats (avocado, nuts, olive oil) to your diet.

## SO, CAN I EAT EGGS?

Yes! Eggs are very nutritious. The yolk provides healthy fat and several essential nutrients, including vitamins A, D, E, B12, riboflavin, selenium & folate, with the whites providing protein.

## FACTS

- Cholesterol is a waxy, fat like substance that the body needs to survive. It is stored in your liver and circulates in your blood.
- There are two main types of blood cholesterol: LDL (bad cholesterol) & HDL (good cholesterol).
- A healthy individual with no cholesterol concerns can average the consumption of 1 egg per day. If you have high cholesterol, aim for 2 or less per week.