

The truth about eating eggs

If there was such a thing as a perfect food, eggs would be a **contender**. They're readily available, easy to cook, affordable and packed with protein.

contender 竞争者

But for decades, eating eggs has also been controversial due to their high **cholesterol** content. One egg **yolk** contains around 185 milligrams of cholesterol, which is more than half of the 300mg daily amount of cholesterol that the US dietary guidelines recommended until recently.

cholesterol 胆固醇

yolk 蛋黄; 卵黄

Researchers haven't definitively linked consumption of cholesterol to an increased risk of **cardiovascular** disease. As a result, US dietary guidelines no longer have a cholesterol restriction; nor does the UK. Instead, emphasis is placed on limiting how much **saturated fat** we consume, which can increase the risk of developing cardiovascular disease.

cardiovascular 心血管的

saturated fat 饱和脂肪

Research published earlier this year, though, challenged the recent consensus that eggs pose no harm to our health. Researchers looked at data from 30, 000 adults followed for an average of 17 years and found that each additional half an egg per day was significantly linked to a higher risk of heart disease and death.

Despite the study being one of the largest of its kind to address this specific relationship between eggs and heart disease, it was observational, giving no indication of cause and effect.

While researchers are a long way from understanding why eggs affect us differently, the vast majority of recent research suggests they pose no risk to our health, and are much more likely to provide health benefits.

Even so, having eggs for breakfast every day probably isn't the healthiest option, either — at least as it's recommended we have a varied diet... rather than put all our eggs in one basket.