

HEART HEALTH

INCLUDE **EGGS** AS PART OF A *Heart-healthy* DIET!

Eggs are a nutrient-dense choice, providing a good or excellent source of eight essential nutrients. Recent recommendations from the American Heart Association (AHA) state that as part of a heart-healthy dietary pattern:

- Healthy individuals can include up to one whole egg daily
- Older healthy individuals can consume up to 2 eggs given the nutritional benefits and convenience of eggs
- Vegetarians who do not consume meat-based cholesterol-containing foods may include more eggs in their diets within the context of moderation¹

So what is a heart-healthy diet? Experts agree that healthy eating patterns include nutrient-dense foods such as fruits, vegetables, whole grains, low-fat or fat-free dairy and lean protein sources.

Nutrient-rich eggs are a perfect complement to an overall heart-healthy diet.

The latest scientific evidence clearly indicates that eggs do not impact cardiovascular disease risk. In fact, some studies demonstrate a benefit to egg consumption. Recent study examples include:

- In a large cohort of over 400,000 men and women, every ½ an egg per day was linked to a 7% decrease for heart disease² while another large international cohort study found no link between egg consumption and cardiovascular disease – although there was indication of a lower risk of myocardial infarction with egg intake.³

- A large cohort of men and women in the U.S. was tracked for over 30 years and there was no link between egg consumption and heart disease or stroke risk.⁴
- One clinical study showed that eating 1-3 eggs per day resulted in increased HDL (“good”) cholesterol, decreased blood pressure and did not change LDL (“bad”) cholesterol levels.⁵
- Another recent clinical study demonstrated that consumption of two whole eggs/day improved the function of HDL cholesterol.⁶

KEY MESSAGES

- Cholesterol is not a nutrient of concern. Government and health organizations have removed dietary cholesterol limits and include eggs in recommended healthy eating patterns.
- The 2015-2020 Dietary Guidelines for Americans include eggs in all three recommended eating patterns, including the Healthy Vegetarian, Healthy Mediterranean and Healthy U.S. patterns.
- The majority of scientific evidence demonstrates that eggs, when consumed as part of an overall healthy diet, are not associated with heart disease risk and do not negatively impact risk factors for heart disease, such as blood cholesterol levels.^{7,8}

REFERENCES:

1. Carson JAS, Lichtenstein AH, Anderson CAM, Appel LJ, Kris-Etherton PM, Meyer KA, Petersen K, Polonsky T, Van Horn L; on behalf of the American Heart Association Nutrition Committee of the Council on Lifestyle and Cardiometabolic Health; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular and Stroke Nursing; Council on Clinical Cardiology; Council on Peripheral Vascular Disease; and Stroke Council. Dietary cholesterol and cardiovascular risk: a science advisory from the American Heart Association. *Circulation*. Volume 141, Issue 3, 21 January 2020; Pages e39-e53.
2. Key et al. Consumption of Meat, Fish, Dairy Products, and Eggs and Risk of Ischemic Heart Disease. *Circulation*. 2019;139:2835-2845.
3. Dehghan et al., Association of egg intake with blood lipids, cardiovascular disease, and mortality in 177,000 people in 50 countries. *Am J Clin Nutr*, 2020.
4. Drouin-Chartier et al. Egg consumption and risk of cardiovascular disease: three large prospective U.S. cohort studies, systematic review, and updated meta-analysis *BMJ* 2020;368:m513.
5. DiMarco DM, et al. Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline while Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. *Lipids*.
6. Sawrey-Kubicek L et al. Whole egg consumption compared with yolk-free egg increases the cholesterol efflux capacity of high-density lipoproteins in overweight, postmenopausal women. *Am J Clin Nutr*. 2019 [e-pub ahead print].
7. Shin et al. Egg consumption in relation to risk of cardiovascular disease and diabetes: a systematic review and meta-analysis. *Am J Clin Nutr*. 2013;98:146-59.
8. Rong et al. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. *BMJ*. 2013;346:e8539.



HEART HEALTH

Spread the Word

f EGGS CAN FIT INTO A HEART-HEALTHY EATING PLAN

Try this savory oatmeal with your favorite veggies and #putanegg on it for additional nutritional benefits. Watch the video here: EggNutritionCenter.org/SavoryOatmeal

t **MOUNTING EVIDENCE** continues to support the role of eggs in a heart-healthy diet. Learn more about the latest findings that reinforce eating eggs is not associated with cardiovascular disease.

EggNutritionCenter.org/EggsInHealthyDiets

t **RECENT RECOMMENDATIONS**

from global health organizations provide new recommendations around dietary cholesterol and heart-healthy diets. Learn more about how eggs fit into healthy eating patterns here: EggNutritionCenter.org/EggsAndCholesterol

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HOW EATING AN EGG

IMPACTS YOUR HEALTH



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Recipes that Fit a Heart-Healthy Eating Pattern

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EGGS fit into a **HEART HEALTHY** diet!

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EGGS FIT INTO A HEART HEALTHY DIET
Instagram.com/p/B8hqhh9Fvxh

The AHA Science Advisory on Dietary Cholesterol outlines three specific recommendations regarding eggs:

1. In healthy individuals, consumption of an egg a day is acceptable in heart-healthy dietary patterns.
 2. In older healthy individuals, given the nutritional benefits and convenience of eggs, consumption of up to 2 eggs per day is acceptable within a heart-healthy dietary pattern.
 3. Vegetarians (lacto-ovo) who do not consume meat-based foods may include more dairy and eggs in their diets in moderation.
- ENC**

AHA SCIENCE ADVISORY
Instagram.com/p/B6lqFBQFnlu

NEW Harvard Study: an egg a day is **NOT** associated with cardiovascular disease risk.

Learn more at EggNutritionCenter.org

NEW HARVARD STUDY
Instagram.com/p/B9hglNvpxdR

📄 HANDOUT



A DOZEN WAYS to BECOME an **EGGSPERT!**

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Egg Nutrition Center

| 8755 West Higgins Road, Suite 300

| Chicago, IL 60631

| EggNutritionCenter.org