

# EGGS AND HEART HEALTH

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Good news! Heart-healthy eating can include eggs. You heard right! For most people, eating eggs does not negatively impact blood cholesterol levels. Plus, eggs are recommended for healthy adults as part of a heart-healthy diet according to the American Heart Association. Keep in mind the company eggs keep and opt for enjoying your eggs with other nutrient-rich foods like vegetables, fruits, and whole grains. Try a veggie-filled frittata, a boiled egg in your salad, or avocado toast topped with an egg your way. So many possibilities!

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