

Eggs are healthier than you think

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COOKED, fried, poached: All tasty ways to cook yourself an egg for breakfast. And yet, eggs don't have the best reputation when it comes to health.



They're often considered something of a cholesterol bomb, to be eaten in moderation. But experts say that's only partially true. One egg does contain a fair amount of cholesterol – some 400mg on average.

However, not all of that stays in the body. Two-thirds of cholesterol in the bloodstream is actually produced by the body.

Still, nutritionists recommend keeping an eye on how many eggs you eat.

The suggested intake is up to three eggs per week. That includes eggs found in other foods such as bread, cake, pasta, sauces or mayonnaise.

Anyone who has high cholesterol levels or cardiovascular disorders should preferably stick to eating a maximum of three eggs a week.

Healthy and fit individuals can get away with eating one to two eggs per day assuming that they do plenty of exercises and balance it with lots of fruit and vegetables.

Eggs aren't just filled with cholesterol. They have other important vitamins like vitamin A, which is good for the eyes, the immune system and the skin.

Added to that is the protein-heavy egg white depended on by many athletes.

Eggs also contain lecithin, which is good for the nervous system. That's what makes them a good bet for the elderly.

Not to mention that egg-based dishes can be easier to chew than other protein-rich foods.

Whether young or old, the question of whether eggs are healthy for you also depends on how they are prepared.

A fried egg cooked in fat and served with bacon will, of course, drive up cholesterol levels in your blood.

One more piece of advice: Make sure eggs are cooked through.

That allows you to kill off salmonella or other possible diseases. If you want to use eggs raw, make sure they're fresh.