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Popular Article

## Egg Nutrition: Real Story of Eggs and Cholesterol

**Dr. Rambabu.D, (MVSc, Ph.D, MBA.)**

Associate Professor & Head,  
Dept. of Poultry Science, College of Veterinary Science,  
Korutla PV Narsimha Rao Telangana Veterinary University,  
Jagtial Dist. – 505 326. Telangana State.

\*Corresponding Author: [ram\\_vetdoc@rediffmail.com](mailto:ram_vetdoc@rediffmail.com)

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### Introduction:

It is well known that the egg is a nutritional powerhouse in terms of protein and numerous other vital components! One large egg actually has 13 important vitamins and minerals and 6g of protein. Only a small percentage of individuals are aware that eggs are a major source of the best protein available.

When it comes to cholesterol, eggs have a poor image. Recent studies, however, have shown that dietary cholesterol has no effect on heart health. Even so, a lot of people continue to think that foods like eggs can harm our health and blood cholesterol levels. However, do we actually know what cholesterol is? Does eating eggs really make us more susceptible to heart disease? Now is the moment to dispel this myth and reveal the cholesterol and egg truth.

### What is meant by "cholesterol"?

A type of lipid, cholesterol is a waxy material that is an essential component of your cells and aids in ensuring the effective functioning of your body. "Cholesterol is a vital component of cells, necessary for the synthesis of hormones like testosterone<sup>2</sup> and estrogen, and vital for food digestion."

The majority of cholesterol is produced by the body (blood cholesterol), while a smaller amount is acquired from certain foods we eat (dietary cholesterol).

### Why is cholesterol harmful?

Although too much cholesterol in the blood might raise the risk of heart disease, it is necessary for body function. Fatty deposits that accumulate in blood vessels due to high blood cholesterol levels have the potential to rupture and produce clots, which could result in a heart attack or stroke.

But not all cholesterol has negative effects. Low-density lipoprotein (LDL) cholesterol and high-density lipoprotein (HDL) cholesterol are the two varieties. An elevated risk of heart disease is linked to LDL cholesterol, commonly referred to as "bad" cholesterol.

According to research, the amount of cholesterol derived from meals has little effect on LDL cholesterol levels. Because the body naturally controls the quantity of cholesterol in the blood, eating more cholesterol from food causes your body to manufacture less cholesterol to make up for it. By eliminating extra cholesterol from your arteries and returning it to the liver, HDL cholesterol really helps prevent heart disease.

There are significant differences in how each person reacts to dietary cholesterol, yet even those who "respond" to it have higher levels of HDL and LDL cholesterol. The resulting HDL to LDL ratio, a crucial parameter for assessing risk, remains unchanged.

### Cracking the Myth of the Egg:

About 185 mg of cholesterol, mostly in the yolk, can be found in one large egg. Due to their high dietary cholesterol content, egg yolks have long been seen as detrimental to heart health. However, this myth can now be disproved because most people's blood cholesterol is not significantly affected by eating cholesterol.

According to recent studies, most people's risk of heart disease is not increased by eating eggs as part of a healthy diet because they do not significantly alter blood cholesterol levels.

Actually, global heart health experts have changed their advice on the health benefits of eating eggs. The National Heart Foundation of Australia, for instance, no longer suggests a weekly egg intake cap for healthy Australians, recommending that those with type 2 diabetes consume up to seven eggs.

Likewise, according to the American Heart Association, healthy people should consume up to one whole egg every day as part of a balanced diet, while older adults should have up to two eggs daily.

A dietary cholesterol limit for healthy individuals is also not included in the current dietary guidelines published by prominent Canadian health organizations, such as Diabetes Canada, the Heart and Stroke Foundation, and the Canadian Cardiovascular Society.

### Who is at fault?

If consuming fewer eggs isn't the solution, what is? In actuality, saturated fat affects blood cholesterol levels more than dietary cholesterol does. Therefore, what you eat with eggs is what you should be watching out for, not the eggs themselves.

Even if eggs don't contain a lot of saturated fat, it's still vital to choose nutritious meals to consume with them because eating too much saturated fat is linked to elevated blood cholesterol levels. A varied diet that includes heart-healthy foods like fish, fruit, vegetables, whole grains, dairy products, nuts, and legumes is a smart way to include eggs.

You can also alter your blood cholesterol levels through change of a range of lifestyle factors. Daily physical exercise, abstinence from tobacco use, frequent communication with your healthcare physician, and scheduling routine cholesterol tests are all advised.

Eggs are no longer regarded as a risk factor for heart disease when consumed as part of a nutritious, well-balanced diet because the cholesterol in food is unrelated to blood cholesterol levels in the majority of healthy individuals.

**Summary:** "Eggs are the ideal complement to any diet, whether it be plant-based, low-carb, lacto-ovo vegetarian, flexitarian or Mediterranean, as they offer both superior protein and special nutrients."