



# HEART HEALTH

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

Eggs were once avoided and criticized for their cholesterol content. However, decades of scientific research has exonerated them. Recent recommendations from the American Heart Association, American Diabetes Association and the 2015-2020 Dietary Guidelines for Americans no longer limit cholesterol intake and include eggs as part of healthy eating patterns.

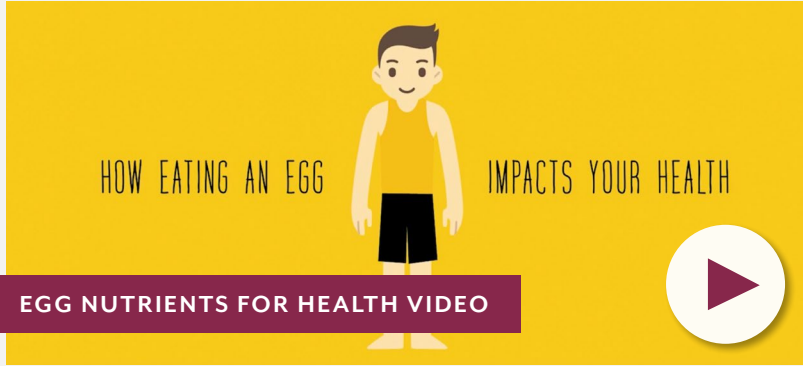
So what is a heart-healthy diet? Experts agree that healthy eating patterns include nutrient-dense foods such as fruits, vegetables, whole grains, low-fat or fat-free dairy, and lean protein sources.

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

## KEY MESSAGES

- Cholesterol is no longer a nutrient of concern. Government and health organizations have removed dietary cholesterol limits and include eggs in recommended healthy eating patterns.
- Scientific evidence demonstrates that eggs, when consumed as part of an overall healthy diet, do not affect risk factors for heart disease. In fact, a recent study shows that eating 1-3 eggs per day resulted in increased HDL (“good”) cholesterol, decreased blood pressure, and did not change LDL (“bad”) cholesterol levels.<sup>6</sup>
- A recent meta-analysis shows daily egg intake may decrease stroke risk by 12 percent.<sup>7</sup>

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▶ EGG NUTRIENTS FOR HEALTH VIDEO

Watch the video @ [EggNutritionCenter.org/EggsBenefitTheBody](http://EggNutritionCenter.org/EggsBenefitTheBody)

## Spread the Word

**f** THERE ARE MANY WAYS EATING EGGS CAN BENEFIT THE BODY. One example is increased HDL (“good”) cholesterol levels and decreased stroke risk. Find out more in this video: [EggNutritionCenter.org/EggsBenefitTheBody](http://EggNutritionCenter.org/EggsBenefitTheBody)

**t** RESEARCH SUGGESTS, daily egg intake decreases stroke risk by 12%. [EggNutritionCenter.org/DecreaseStroke](http://EggNutritionCenter.org/DecreaseStroke)

**t** STILL WORRIED ABOUT CHOLESTEROL? No need! The recommendations for eggs have changed! [EggNutritionCenter.org/NoNeed2Worry](http://EggNutritionCenter.org/NoNeed2Worry)



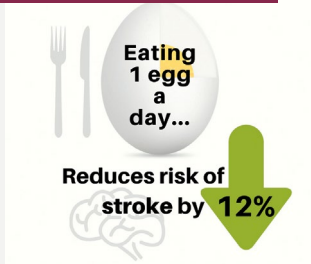
🍴 RECIPE IDEA

## Shaka-Zoodles

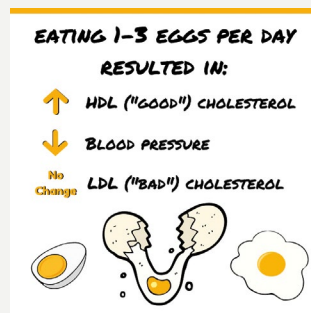
Download recipe @ [EggNutritionCenter.org/ShakaZoodles](http://EggNutritionCenter.org/ShakaZoodles)

**DOWNLOAD OR ORDER** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT EATING FOR HEART HEALTH.

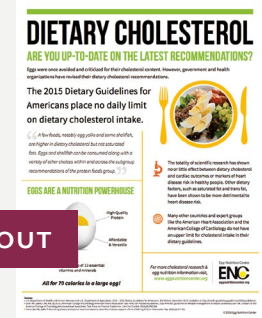
📄 SHAREABLE GRAPHIC



STROKE RISK  
[EggNutritionCenter.org/StrokeRisk](http://EggNutritionCenter.org/StrokeRisk)



1-3 EGGS PER DAY  
[EggNutritionCenter.org/EggsPerDay](http://EggNutritionCenter.org/EggsPerDay)



📄 HANDOUT

DIETARY CHOLESTEROL  
[EggNutritionCenter.org/DietaryCholesterol](http://EggNutritionCenter.org/DietaryCholesterol)

Access the references list at [EggNutritionCenter.org/ToolkitCitations](http://EggNutritionCenter.org/ToolkitCitations)



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