



spotlight on health

Studies Find Surprising Benefits To Eating Eggs

(NAPSA)—New guidelines are putting eggs back on the American plate—and recent studies show that eating eggs may help prevent obesity, stroke, and memory and vision loss.

Fifteen studies published in the past year show that in addition to being one of the most nutritious, inexpensive and healthiest whole foods, eggs may also play a role in preventing obesity, vision loss, cognitive decline and stroke.

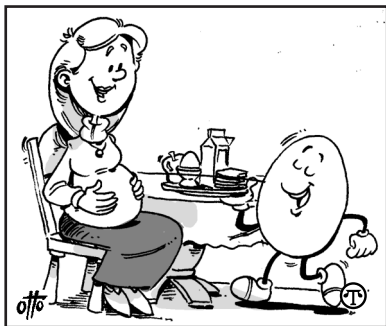
“There is a growing body of research showing potential health benefits for several of the nutrients found in eggs,” said Stephen B. Kritchevsky, a nutritional epidemiologist and professor at Wake Forest University.

The most recent American Heart Association guidelines no longer include a specific recommendation regarding the number of eggs yolks that can be consumed and state that eggs can be part of a heart-healthy diet, as long as one limits average daily cholesterol intake to 300 milligrams a day.

“We need to emphasize eating patterns that cut heart disease risk, instead of singling out specific foods,” said Kritchevsky. “Eggs can fit into an overall healthy diet that is associated with low risk for chronic diseases such as heart disease.”

Recently, Japanese researchers who studied the dietary habits of over 15,000 men and 24,000 women for over 16 years found that specific animal products in the diet appeared to decrease the risk of stroke. Individuals who consumed the most eggs, fish and dairy products were 20 percent less likely to die from a stroke.

“Interestingly, another recent study suggests that lutein found in egg yolks and dark, leafy greens



For an inexpensive, low-calorie food, eggs have a lot to offer in the way of health benefits.

may prevent—or at least slow—the progression of atherosclerosis in the arteries that supply the brain,” said Kritchevsky.

Other research suggests that having an egg or other protein-rich food at breakfast and controlling the level of carbohydrates consumed may help burn body fat and control hunger and cravings that often lead to over consuming calories. The study found that women who ate the higher protein diet lost slightly more weight but of the weight lost, nearly twice as much was fat compared to those eating a carbohydrate-rich diet.

Another study found that giving extra choline to laboratory rats at certain developmental stages leads to changes in the brain and improvement in memory throughout the lifespan of the offspring.

The extra choline appears to protect against age-related decline in memory capacity and precision. The best sources of choline are eggs, beef liver and wheat germ.

To learn more about the latest research regarding the health benefits of eggs, log on to the Egg Nutrition Center’s Web site at www.enc-online.org.