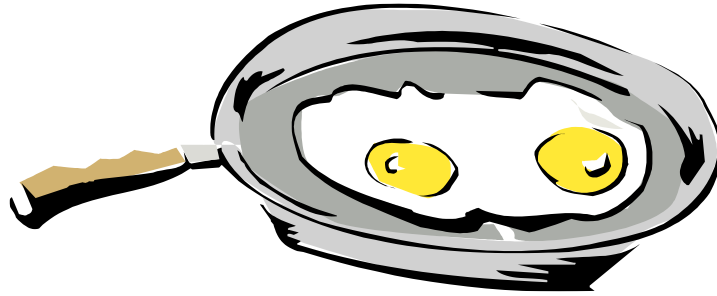


Are Eggs bad for you?



The beauty of the egg is in the yolk, says cholesterol-disorders specialist Michael Mogadam, MD, an assistant professor of medicine at Georgetown University in Washington, DC and author of 'EVERY HEART ATTACK IS PREVENTABLE' (Lifeline Press, 2001). "The white has nothing but protein. The yolk has the nutrients, including vitamins, minerals, and antioxidants."

Sure, the yolk contains the fat and cholesterol. However, of the 6 grams of fat in a large egg, only 2 grams are saturated. "The other 4 are unsaturated and actually coronary friendly," Mogadam says. What's more, he says, 1 gram of the saturated fat is stearic acid, which behaves like monounsaturated fat.

The bottom line: Only 1 gram of the 6 is the unhealthy kind. "The other 5 grams of healthy fat more than offset this 1 gram," Mogadam says.

The cholesterol--about 213 milligrams per egg--is nothing to worry about, either, Mogadam says. "The human body only absorbs 10-30 percent of that." Also, in most people, dietary cholesterol intake has a negligible effect on blood cholesterol levels.

Research suggests that eating 2 eggs a day for 12 weeks raises LDL cholesterol by only 4 points, and the numbers level off soon thereafter.

What does elevate blood cholesterol significantly is a high intake of saturated fat (found in whole milk, cheese, and fatty meats) and trans fat (found in cakes, cookies, and other commercial baked goods).

One egg contains about 75 calories and 6 grams of protein. If you toss out the yolk, you lose 4.5 grams of protein and 59 calories, along with vitamins A and D and folic acid.

SOURCE: Shape Magazine. June, 2002.

