

A Dozen Reasons to Eat Eggs

By Heidi McIndoo, R.D., and Amanda Pressner

Once cruelly banished because of their high cholesterol content, eggs have scrambled back onto our plates. In 2003, Americans ate 19 percent more eggs than they did in 2002, according to AC Nielsen research. Apparently news has spread that eggs contain nearly 25 percent less cholesterol than was previously thought. Plus, scientists now know that cholesterol-containing foods normally don't raise heart disease risk in healthy people. A recent study in *Metabolism* found eating up to three eggs daily doesn't elevate bad cholesterol.

Here are 12 more reasons to egg yourself on:

1. **You'll see a brighter future.** You absorb more lutein (which may prevent age-related blindness) from eggs than from veggies, research from Tufts University in Boston finds.
2. **Eggs have protein power.** Two deliver 25 percent of your day's needs. (The white has more than the yolk.) That's one protein portion on the USDA Food Guide Pyramid.
3. **The yolk rivals a multivitamin.** It has ample amounts of the vitamins A and D, as well as folate and calcium.
4. **They'll help solve your energy crisis.** One egg contains 22 percent of the RDA for riboflavin, which turns food into energy.
5. **You get built-in calorie control.** Two have only 150 calories.
6. **Eggs build brains.** Moms-to-be take in more than half a day's worth of choline from one egg—choline helps fetal brain growth.
7. **They cut your losses.** Eggs are rich in vitamin K, key for blood clotting, says Gail Frank, R.D., of Long Beach, California, a spokeswoman for the American Dietetic Association.
8. **They're fish out of water.** You can get heart-friendly omega-3 fatty acids from eggs as well as from seafood. Some eggs have up to 350 milligrams each—as much as an ounce of salmon.

9. **You won't harden your heart.** Of the 4.5 grams of fat in a yolk, less than 2 are saturated. To keep overall fat down, stick to a one-yolk omelets; fill it out with whites and healthy add-ins.

10. **They're safer than you might think.** Only 1 egg in 20,000 harbors salmonella bacteria. (Cook the white and yolk until firm to destroy any possibility of bacteria.)

11. **They're cheap, cheap.** A 3-ounce piece of filet mignon will set you back at least \$3.75. Three medium eggs? Thirty cents.

12. **Eggs are an all-day option.** Try this healthy Veggie Fried Rice recipe for dinner, from Katie and Leeann Chin of PBS's *Double Happiness*: Heat 1 tbsp oil in a wok. Beat in 3 whites and 1 whole egg. Once thickened, remove. Add 1 tbsp oil, 3 cups cooked brown rice and 2 tbsp soy sauce; stir-fry 2 minutes. Stir in eggs and ½ cup each of diced bell peppers and frozen peas. Stir-fry 2 minutes.