

## 5 Smart Reasons to Enjoy Eggs Morning, Noon, or Night

For the past 40 years, many Americans have avoided eggs due to worries about their cholesterol content. It's time to revisit the benefits of eggs and crack a few myths about eggs and cholesterol. As recent research has shown, there is a very sunny side to eggs - an inexpensive, nutrient-rich way to start or finish your day!

### 1. Healthy hearts

Many large studies from around the world have confirmed that eating eggs does not raise the risk of heart disease in most people. Some of the nutrients in eggs, such as B-vitamins, are actually beneficial for heart health. The bigger concern is all the foods that typically surround eggs, like large portions of bacon, sausage, biscuits, and gravy.

### 2. Healthy weights

An egg contains only 70 calories and has 6 grams of high quality protein that can help you feel fuller and satisfied longer. People who eat eggs in the morning tend to feel fuller and to eat less at lunch than those who breakfast on muffins or bagels. Hard boiled eggs make a satisfying and nutritious snack - mid-morning or mid-afternoon.

### 3. Healthy muscles

Egg protein can also help active adults build muscle strength and prevent muscle loss in older adults. There's no need for those expensive protein powders or drinks. Simple scrambled or poached eggs make a quick, easy, and very tasty meal for older folks or busy families. Low in cost and easy to chew, eggs are popular with people of all ages.

### 4. Healthy eyes

Here's another reason to think eggs as we age. Egg yolks are a source of lutein and zeaxanthin, nutrients that help keep eyes healthy and vision sharp. Both nutrients have been linked to a lower risk of cataracts and age-related macular degeneration. Lutein and zeaxanthin seem to be more easily absorbed from eggs than other foods or pills.

### 5. Healthy pregnancies

Egg nutrients may also be helpful very early in life. Egg yolks are also an excellent source of choline, an essential nutrient that contributes to fetal brain development and helps prevent birth defects. Two eggs provide about 250 milligrams of choline, or about half of the recommended daily choline intake for pregnant and breastfeeding women.