

Eating Eggs is Not Linked to High Cholesterol in Adolescents

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SPAIN—Eating more eggs is not associated with higher serum cholesterol in adolescents, regardless of physical activity level, according to a new study published in the journal [Nutrición Hospitalaria](#).

The study, led by researchers at the University of Granada, analyzed the link between egg intake in adolescents and the main risk factors for developing cardiovascular disease like lipid profile, excess body fat, insulin resistance and high blood pressure. Researchers examined 380 adolescents enrolled in the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescents) study. Food intake was estimated by two nonconsecutive 24-hour recalls and assessment measures were taken including adiposity indicators, lipid profile, blood glucose and insulin levels, insulin resistance, blood pressure and cardiorespiratory fitness. Results revealed that eating larger amounts of eggs is not linked to high serum cholesterol or worsened cardiovascular health in adolescents. Further, research presented at the 245th National Meeting & Exposition of the American Chemical Society (ACS) found that [egg whites help lower blood pressure](#).

Findings led authors to suggest reviewing dietary recommendations for adolescents. It was also recommended that additional studies be conducted using higher egg intake. In 1973, the American Heart Association recommended limiting egg intake to a maximum of three eggs per week. This idea was accepted by health experts for years. However, despite the majority of foods that are high in cholesterol also being rich in saturated fats, a medium-size egg contains 200 mg of cholesterol but has more unsaturated fats than saturated fats and only 70 calories.

Egg products offer manufacturers a variety of opportunities to use eggs in modern applications, for more information visit the [Slide Show: Egg Insight](#).

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