



Eating more than two eggs doesnot lead to higher serum cholesterol in teens, regardless of how little physical activity they do, a new study has found.

Researchers at the University of Granada analysed the link between egg intake in adolescents and the main risk factors for developing cardiovascular diseases, such as lipid profile, excess body fat, insulin resistance and high blood pressure.

“Health professionals traditionally insisted that eating eggs increased cholesterol levels, so in recent decades there has been a tendency to restrict intake championed by various public health organisations,” Alberto Soriano Maldonado, primary author of the study, said.

However, the most recent research suggests that increased serum cholesterol is more affected by intake of saturated fats and trans fats than by the amount of cholesterol in the diet.

The results, part of the European study HELENA involving nine countries, demonstrated that eating larger amounts of egg is neither linked to higher serum cholesterol nor to worse cardiovascular health.