

Cholesterol & Eggs

It was once a popular belief that someone with high cholesterol should stop eating eggs. It was thought that cholesterol from food was the main cause for high blood cholesterol. It is now well understood that the cholesterol we consume through food does not solely impact our blood cholesterol level, and that our genetics, body weight, and blood fat levels impact our blood cholesterol level to a greater degree. On top of this, eggs are one of the most nutritious foods we can eat, given their protein, healthy fat, and vitamin profile.



So if you are looking to decrease your blood cholesterol level, it is much more impactful to focus on reducing saturated fats and trans fats in your diet versus simply focusing on reducing cholesterol-rich foods. That being said, guidelines recommend limiting overall dietary cholesterol to 300mg or less per day.

So how many eggs can you eat? Eat Right Ontario recommends that a healthy person (without high blood cholesterol, diabetes, or history of heart disease) can eat an average of one egg per day. They recommend that someone with high blood cholesterol, diabetes, or heart disease should limit their intake to 2 eggs per week. There are also studies that state that it is safe to eat up to 12 eggs a week, even for people with diabetes. Due to conflicting recommendations, if you are someone who has a pre-existing health condition, it is advised that you speak to your healthcare provider regarding what may be best for you.