There's more to heart disease risk than cholesterol...

Having high cholesterol levels increases your risk of heart disease, and while historically, limiting eggs was seen as a way to improve cholesterol levels... the science doesn't stack up.

75% of the population experience little to no increase in blood cholesterol levels after eating eggs[1]

A serving of eggs is relatively low in saturated fat, only 3.4g. Saturated fat is the nutrient with the largest impact on increasing cholesterol levels[2]

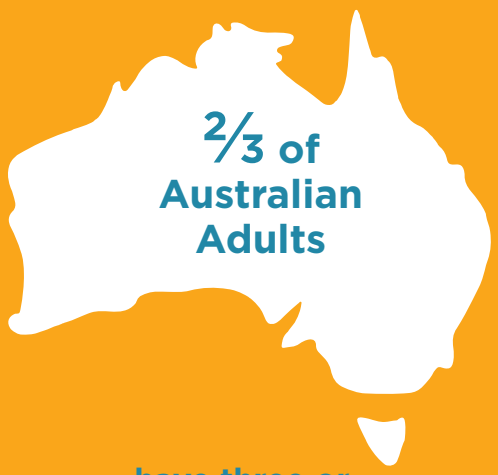
The Heart Foundation states eggs can be enjoyed daily as part of a heart healthy eating pattern[3]

It is important to know that **cholesterol is only one piece of the puzzle** to improving heart health

The **more risk factors** you have, the **more likely you are to develop heart disease**

Your doctor is best placed to assess and manage your overall risk of heart disease, taking into account all the relevant factors for you

More than



have three or more risk factors for heart disease[4]

The most common contributors to heart disease risk:[2]

Genetics

Heart disease commonly runs in families

Age

As you age your risk of heart disease increases

Gender

Men and older women are at increased risk

Ethnicity

Some groups naturally have a higher risk

Diet

A diet high in saturated and transfat, low in fibre and a high intake of soft drinks

High alcohol intake

Increases triglycerides (another type of fat in the blood)

Physical inactivity

People who are inactive are twice as likely to develop heart disease compared to those who are active

Excess body weight

Obesity is strongly related to heart disease risk factors

Diabetes

Heart attacks and strokes are up to 4 times more likely in people with diabetes

High blood pressure

High Blood pressure is the most important risk factor for strokes

Depression & social isolation

Risk is greater for people who have depression, are socially isolated or do not have good social support

Smoking

Smokers are twice as likely as nonsmokers to have a heart attack

Emerging research also indicates **inadequate sleep[6], insulin resistance[7]** and **an unhealthy balance of bacteria in the gut[8]** may also be important contributors to heart disease risk.

[1]Australian Eggs (n.d). Eggs, Cholesterol and Heart Health. Retrieved June 30, 2020, from https://www.australianeggs.org.au/what-we-do/healthcare-professionals/hcp-factsheets eggs-cholesterol-and-heart-health. [2]As per reference 1. [3]As per reference 1. [4]Heart Foundation (n.d). Are you at risk of heart disease?. Retrieved June 30, 2020, from https://www.heartfoundation.org.au/your-heart/know-your-risks/heart-attack-risk-factors [5]As per reference 4. [6]Henst, R.H.P., Pienaar, P.R., Roden, L.C. & Rae, D.E. (2019) The effects of sleep extension on cardiometabolic risk factors: A systematic review. J Sleep Res, e12865. [7]Adeva-Andany, M.M., Martinez-Rodriguez, J., Gonzalez-Lucan, M., Fernandez-Fernandez, C. & Castro-Quintela, E. (2019) Insulin resistance is a cardiovascular risk factor in humans. Diabetes Metab Syndr 13, 1449-1455. [8]Tang, W.H.W., Backhed, F., Landmesser, U. & Hazen, S.L. (2019) Intestinal Microbiota in Cardiovascular Health and Disease: JACC State-of-the-Art Review. J Am Coll Cardiol 73, 2089-2105. Garcia-Rios, A., Camargo Garcia, A., Perez-Jimenez, F. & Perez-Martinez, P. (2019) Gut microbiota: A new protagonist in the risk of cardiovascular disease? Clin Investig Arterioscler 31, 178-185.