There’s more to heart disease risk than high 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...

75% of the population experience little to no increase in blood cholesterol levels after eating eggs¹

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 levels²

The Heart Foundation states eggs can be enjoyed as part of a heart healthy eating pattern³

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

2/3 of Australian Adults

have three or more risk factors for heart disease⁴
The most common contributors to heart disease risk:

- 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 trans fat, 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, insulin resistance and an unhealthy balance of bacteria in the gut may also be important contributors to heart disease risk.