

Egg Myths Debunked

What the science shows



THE KEY FACTS

MYTH: Eggs should only be eaten occasionally

Cracked

The Australian Dietary Guidelines recommend regular inclusion of foods from the lean meat and alternatives food group, which includes eggs. Daily intake varies depending on age and gender. For adults, the recommendation is to consume 2-3 serves per day. Two (60g) eggs are equal to one serve from this food group.



Eggs can be consumed regularly as part of a balanced diet and contribute valuable nutrients including high-quality protein, iodine, vitamin B12, vitamin D and choline.

MYTH: Eating eggs increases the risk of heart disease

Cracked

Current research shows that for most healthy people, eating eggs has very little effect on blood cholesterol levels. The Australian Dietary Guidelines and the Heart Foundation both highlight that your overall diet — especially how much saturated fat you eat — has a much bigger impact on heart health than the cholesterol found in eggs.



For healthy individuals, eggs can be included as part of a heart-healthy eating pattern.

MYTH: People with diabetes should avoid eggs

Cracked

Organisations such as Diabetes Australia and the Heart Foundation state that people with diabetes can enjoy eggs as part of a healthy, balanced diet. For those living with diabetes or existing heart disease, having up to seven eggs per week fits comfortably within recommended eating patterns.

Eggs can be included safely when the overall diet is nutritious and other heart-health factors — such as managing saturated fat, keeping active, and following medical advice — are well managed.



Eggs can be included in the diets of people with diabetes when overall dietary quality and cardiovascular risk factors are appropriately managed.

MYTH: It is healthier to eat egg whites only

Cracked

Egg whites are a rich source of protein; however, most of the vitamins, minerals and other nutrients such as vitamins A, D and B12, selenium, iodine, choline, lutein, and zeaxanthin, are found in the yolk.



Consuming the whole egg provides a broader range of nutrients than eating egg whites alone.

MYTH: The only way to obtain vitamin D is from sunlight

Cracked

While sunlight exposure is the primary source of vitamin D for most people, eggs are one of the few natural food sources of vitamin D. An average serve of two (60g) eggs provides 82% of the recommended dietary intake of Vitamin D in Australia.



Eggs can make a meaningful contribution to dietary vitamin D intake, particularly during winter or in individuals with limited sun exposure.

References

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