

5 smart reasons to Enjoy Eggs Morning, Noon or Night

For the past 40 years, many Americans have avoided eggs. People worried that eggs would raise their cholesterol. Well, it's time to crack a few egg myths. Eggs have lots of health benefits. They are a nutrient-rich way to start or finish your day! And, they don't cost a lot.

1. Healthy hearts

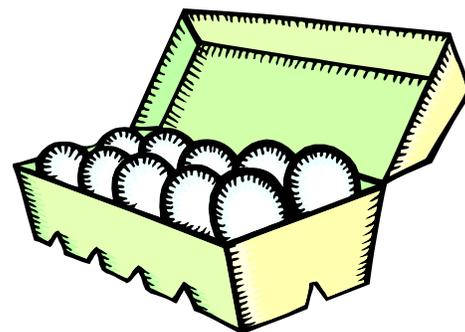
Researchers from around the world agree. For most people, eating eggs does not make you more likely to get heart disease. Actually, eggs have B-vitamins that are good for your heart. It's the foods that are often served with eggs that you need to worry about, like bacon, sausage, biscuits and gravy.

2. Healthy weights

An egg has six grams of high quality protein and only 70 calories. Protein helps you feel fuller longer. If you eat an egg at breakfast, you'll probably eat less at lunch than if you had eaten a muffin or bagel. Hard boiled eggs make a satisfying and nutritious snack. Try one mid-morning or mid-afternoon.

3. Healthy muscles

You don't need expensive protein powders or drinks! Egg protein is good for muscle. It can help active adults build strength. And it can prevent muscle loss in older adults. Simple scrambled or poached eggs make a quick, easy and tasty meal for older folks or busy families. Low in cost and easy to chew, eggs are popular with people of all ages.



4. Healthy eyes

Egg yolks have nutrients that help keep eyes healthy and vision sharp. These nutrients are lutein and zeaxanthin. People who get enough are less likely to have eye problems in old age, like cataracts and age-related macular degeneration. You can get lutein and zeaxanthin from other foods or pills. But your body absorbs them best when they come from eggs.

5. Healthy pregnancies

Egg nutrients may also be helpful *very* early in life. Egg yolks have a nutrient called choline. Babies need choline before they are born. It is good for their brains and helps to prevent birth defects. There are 250 milligrams of choline in two eggs. That is about half of the amount pregnant or breastfeeding women need every day.