

# Egg-White Eaters — The Yolk Is No Joke

A debatable precaution from the conventional medical community about how to eat eggs was initiated some years ago by scientists who thought they knew nature better than, well, nature.

Beginning in 1961, you may have heard the word of warning that if you were going to eat eggs, it should be the whites only, because the yolks were considered unhealthily high in cholesterol. Dangerous. Bad for you. Risky.

The risky part came with warnings like "spikes your heart disease risk" and "high blood cholesterol raises your [risk of diabetes](#)." Like quipster Mark Twain once said, "It isn't ignorance that causes trouble; it's knowing so much that just ain't so." As The Epoch Times explained:

*"At one time, eating eggs was considered bad for the heart and circulation. This was all based on an assumption that saturated fat was bad ... Any associations between total saturated fat intake, heart disease and blood pressure come down to what people weren't eating (for example, fruit, vegetables [and] fish) rather than their high saturated-fat diet per se. The total fat content of even a large hen's egg (weighing 1.76 ounces) isn't high at around 5 grams."<sup>1</sup>*

About 30 percent of the total fat content of that large egg is beneficial saturated fat, while the remainder is [monounsaturated fats \(MUFA\)](#) and [polyunsaturated fats \(PUFA\)](#), which are solidly heart healthy.

## Reasons Why Eggs Are so Good for You

The fact is, eggs are considered to be an almost perfect food. Sure, you need to eat other foods as well, but eggs contain an impressive number of nutrients. The yolk is arguably the healthiest part of the whole, as it contains vitamins A, D, E, K and B12, [omega-3 fats](#), [antioxidants](#), folate and much more choline than the white.

There's also a good amount of carotenoid content, which is where the yellow color comes from, the most important being the antioxidants lutein and zeaxanthin, which lower inflammation and protect your eye health.

Biotin, a water-soluble B vitamin, aka vitamin B7, aids in your body's glucose and fatty acid metabolism and is particularly important during pregnancy. However, raw egg whites contain a protein called avidin, which may block absorption of biotin.<sup>2</sup>

Carotenoids need to be eaten with fat for your body to extract optimal nutritional value from them, which makes consuming carotenoids in eggs ideal. You also absorb more fat-soluble nutrients from other foods eaten at the same time. It's a win-win.<sup>3</sup>

The white is largely protein, one of the most important nutrients, oftentimes filling in for the meats that vegetarians don't eat. Eggs also help [reduce your appetite](#), so you might eat less later, which helps if you're watching your weight.

Disease remediation from eating eggs is actually the opposite of what they've been accused of. As The Epoch Times reported:

*"Eggs are a nutrient-dense source of antioxidants, lecithin, omega-3 fatty acids, vitamins (vitamins A, D, B2, B6, B12 and folate) and minerals (calcium, potassium, iron, phosphorus and zinc), which together have beneficial effects on the circulation — including cholesterol balance and blood pressure regulation.*

*Although eggs contain a small amount of sodium (70 milligrams per egg), this is counterbalanced by an equal amount of potassium to help flush this through the kidneys to prevent fluid retention."*

## **The Healthiest Ways to Eat Eggs**

Overall, the shorter the time spent cooking, whatever method you use, the more nutrients eggs retain. Soft boiling eggs or poaching them until just firm are good ways to make your eggs.

You can also cook them gently over easy, leaving the yolk runny. However, the healthiest way to consume eggs, assuming they're from a high-quality source (pastured organic hens) is raw.

## **Where Your Eggs Come From Matters**

If you want the best there is in quality eggs, "pastured" [eggs from an organically raised hen](#) is what you want to find. Otherwise, your options are the grocery store, where the eggs come from [conventionally raised chickens](#), which ups the odds that some kind of harmful bacteria, such as salmonella, is present. Organic eggs come from chickens fed only organic food, sans the [pesticides](#) and [GMOs](#) they most likely eat when they're fed grains and corn. The best situation is for the chickens to have free access to the pasture, which is where they get the nutrients they need, naturally.