

Increased Egg Consumption Linked to Mortality

In the Physicians' Health Study I, which included 21,327 participants with an average 20 year follow-up, researchers found that those who consumed seven or more eggs per week had an almost 25 percent increased risk of death than those with the lowest egg consumption. For participants with diabetes, the risk of death was twofold compared to those who consumed the least amount of eggs.

Cholesterol intake is positively correlated to an increased risk of coronary heart disease. One large egg contains approximately 215 mg of cholesterol. The American Heart Association advises eating less than 300 mg per day, and less than 200 mg for those with heart disease. There is no biological requirement for dietary cholesterol.

Djoussé L, Gaziano JM. Egg consumption in relation to cardiovascular disease and mortality: the Physicians' Health Study. *Am J Clin Nutr.* 2008;87:964-969.

For information about nutrition and health, please visit www.pcrm.org/.

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