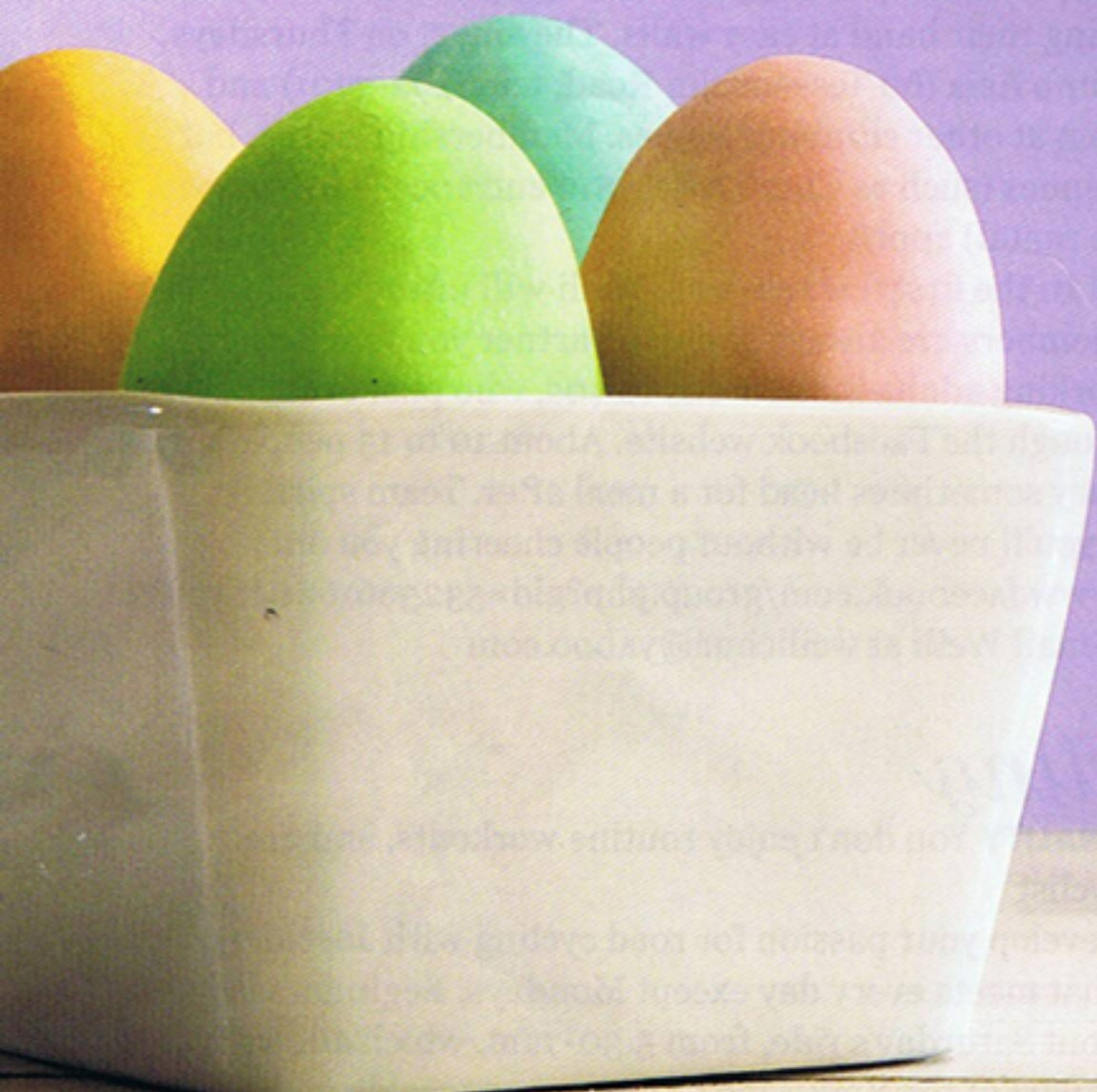


>> HEALTH AWARENESS

the truth about eggs



A new study has shown a correlation between eating too many eggs and heart disease, particularly among diabetes sufferers. But this is not to say that eggs are bad for you; taken in moderation, they can be part of a healthy diet. Singapore Heart Foundation's nutritionist Jamie Liow tells you how:

- **DON'T CONSUME MORE** than seven whole eggs a week. But if you suffer from high cholesterol or are at risk of heart disease, eat no more than two egg yolks a week.

- **AS EGG WHITES** are pure protein, those on high-protein diets can consume as much as they like without having to worry about cholesterol. While the yolk contains cholesterol and fat, it also has vitamins A, D, E and K, essential fatty acids, folate and carotenes.

- **A CHICKEN EGG** (55g) contains

220mg of cholesterol; a duck egg (70g) a whopping 620mg; and a quail egg (9g) 75mg. The daily maximum recommended intake of cholesterol is 300mg – so one egg (220mg) makes up more than 70 per cent of your daily cholesterol intake.

- **EGGS ARE THE** only food that contain all nine amino acids that are essential to good health; meat and dairy products contain only seven or eight. Choose eggs that are enriched with Omega-3 fatty acids or those with lower cholesterol.