Egg Consumption in Relation to Cardiovascular Disease and Mortality

_Singapore Heart Foundation Offers Singaporeans Tips on Moderate Diet of Eggs_

Singapore (May 27, 2008) – A new study published in The Physicians’ Health Study, shows that infrequent egg consumption does not influence the risk of Cardiovascular Disease (CVD) in male physicians. The study however, shows that frequent egg consumption is positively related to all-cause mortality, particularly among diabetic subjects.

Conducted in the United States, the prospective cohort study of 21,327 participants from Physicians’ Health Study I, egg consumption was assessed with an abbreviated food questionnaire. Cox regression was used to estimate relative risks. The data for LDL cholesterol and many other important covariates that relate to CVD risk were not available in this report. The study also suffers from the lack of detailed dietary information that may confound the interpretation, such as patterns of dietary intake. The study shows that frequent egg consumption is positively related to all-cause mortality, particularly among diabetic subjects.

The authors concluded that further confirmation of these findings in the general population and among diabetic subjects, along with the investigation of possible biologic mechanisms, is warranted (don’t understand). In the meantime, perhaps it is wise to recommend a moderate intake of eggs (< 7 eggs/ week) for the general population. It is also important to remember that eggs are like all other foods—they are neither "good" nor "bad," and they can be part of an overall heart-healthy diet.

_Singapore Heart Foundation_, the leading heart health non-profit charitable organisation in Singapore, recommends Singaporeans to eat everything in moderation. A balanced diet with a
good intake of fruit, vegetables, legumes and fish is best for a boost of ‘good’ fats, antioxidants and fibre, all of which promotes a healthy heart.

Tips below to be attributed to: Jamie Liow, Nutritionist, Singapore Heart Foundation

1. **Eat in moderation** - Too much of a good thing may have other effects on the body as well. It is also recommended by the American Heart Association that if you already have high cholesterol levels or known risks to heart diseases, then it is recommended to watch cholesterol intake and not eat more than 2 yolks per week (http://www.healthcastle.com/egg.shtml).

2. **Eat the egg white and the yolk** - Eggs have a biological protein value of 93.7% compared to 84.5% for milk, 76% for fish and 74.3% for beef. It is also rich in folate, vitamin B12, vitamin A, monounsaturated and polyunsaturated fats such as omega-3 and omega-6 fatty acids. Although it has a small level of saturated fat, the whole egg seems to be more beneficial than harmful in most people. However if you only eat the egg white and not the yolk, you don't get as much of the nutrients mentioned above, in fact very little at all because the white contains protein and little or no fat at all.

3. **Choose the right kind of eggs** - There are omega-3 and omega-6 enhanced eggs available now and they are from chickens being put on a 10-20% flax seed oil diet, mixed with a little fish oil. Flax seed contains omega-3 fatty acids, thus these eggs contain higher levels of omega-3 fatty acids than ordinary eggs.

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About Singapore Heart Foundation

The Singapore Heart Foundation (SHF) is a non-profit charitable organisation committed to promoting heart health in Singapore, as well as preventing and reducing disability and death due to cardiovascular diseases and stroke.

Established in 1970, SHF fulfils its mission through educational programmes highlighting preventive measures against heart disease to the public. The Foundation funds community-based research on the causes, diagnosis and treatment of heart disease. SHF also focuses on rehabilitative care in its SHF - Isetan Foundation Heart Wellness centre for recovering heart patients. In addition, SHF offers financial assistance to needy heart patients for emergency relief as well as for treatment.