

Cholesterol from Egg Consumption Associated With Early Death



Cholesterol from egg consumption may increase the risk of death from heart disease, according to a study published in *PLoS Medicine*. Researchers tracked dietary cholesterol and consumption of egg whites, whole eggs, and egg substitutes for more than 500,000 participants and monitored heart disease-related deaths. The addition of half an egg per day was associated with more deaths from heart disease, cancer, and all causes. For every 300 milligrams of dietary cholesterol consumed per day, mortality risk increased by up to 24%. The authors attribute the increased risk to higher cholesterol levels from egg consumption and recommend replacing eggs with other protein sources such as nuts or legumes to improve heart health.



Reference

Zhuang P, Wu F, Mao L, et al. Egg and cholesterol consumption and mortality from cardiovascular and different causes in the United States: A population-based cohort study. *PLoS Med.* 2021;18:e1003508-e1003531. doi: 10.1371/journal.pmed.1003508.

This information is conflicting & shocking. This is like one professor from Harvard Medical School saying that 'coconut is poison'

Previous research finding is that dietary cholesterol does not influence serum LDL cholesterol. Even if it does, it does not seem to increase their risk of heart disease. This is because the general increase in LDL particles are large LDL particles and not small dense LDL (small dense Low-Density Lipoprotein) that gets built-up in the coronary artery plaques.

In obesity, diabetes, and eating foods containing saturated fats is associated with having an abundance of small, dense LDL particles.

Dietary fats are triglycerides. They are broken down into saturated and unsaturated fatty acids in the gut. They are re-absorbed through the lacteals and form triglycerides again and moved into the thoracic duct as chylomicrons, and through blood circulation are stored in the fat cells. It is the triglycerides in your blood that are more harmful, that are derived from your dietary fats and not cholesterol per se.

SO EGGS PRODUCE LARGE NON-DENSE LDL PARTICLES NOT RESPONSIBLE IN PLAQUE FORMATIONS, AND NO REFLECTION ON HEART DISEASE.

The proof of the pudding is that the author is 91 years old, his wife giving him 6 eggs with breakfast per week, for over 60 year, is free of coronary heart disease.

Website: www.Doctorharold.com