

The Truth about Eggs

The American Heart Association put everyone's egg intake on a leash in 1961 when they had announced that high [cholesterol](#) intake was linked to heart disease. They recommended that daily consumption shouldn't exceed 300 milligrams per day (egg yolks are estimated to have about 200 milligrams of cholesterol).

Since then, nationwide egg consumption has been on the decline—you may have even been one to order [egg whites](#) for an extra fee in attempt to limit the “unhealthy” yolk.

In 1984, *Time* put everyone's eggs in one unhealthy basket with an article that got the ball rolling on the public's negative ideologies surrounding dietary cholesterol and saturated fats.

This myth that egg consumption should be limited has since been debunked ([1](#), [2](#), [3](#)), and so have the myths on saturated fat intake ([4](#)) and dietary cholesterol intake ([5](#)). As it turns out, the whole egg white craze is actually depriving you of the most nutritious part of the egg, the [yolk](#)!

The yolk of an egg is actually jam-packed full of nutrients, including essential fatty acids and fat-soluble vitamins.

And yes, egg yolks are full of cholesterol ([6](#)), which is NOT bad for you. We now know that there isn't enough evidence showing cholesterol consumption increases your risk for heart disease ([7](#)). **So unless the egg white-only order is a personal preference, the healthier choice is to just order the whole egg.**

Are Brown Eggs Healthier for You Than White Eggs?

Brown eggs typically come from larger sized hens, and because it is more expensive to feed the bigger hens they tend to be more expensive. This usually makes white-eggs the more cost-efficient choice. ([15](#))

Depending on who you ask about taste, or what's better for baking, you'll get a variety of answers. The truth is that white and brown eggs are pretty split down the middle with regard to nutrition, taste, and baking benefits. These factors will also be determined by the diet of the hen that laid the egg ([16](#)). So don't hesitate towards one or the other. Both white and brown eggs are good for you.