

10 REASONS TO EAT EGGS

1. One egg has 6 grams of highest quality protein and all the 9 essential amino acids.
2. Eggs are very good for your eyes and eyesight. Based on a study, one egg per day may prevent macular degeneration due to the carotenoid content, particularly lutein and zeaxanthin. The two nutrients are more readily supplied to our bodies from eggs than from any other source.
3. There are more studies, in one research it was found that people who eat eggs daily reduce their risk of developing cataracts, also because of the lutein and zeaxanthin in eggs.
4. Based on another study by the Harvard School of Public Health, there is no considerable link between egg eating and heart disease. In fact, according to one analysis, frequent intake of eggs may help avoid blood clots, stroke, and heart attacks.
5. Eggs are one of the few foods that include the naturally occurring vitamin D.
6. They contain the right kind of fat. One egg contains just 5 grams of fat and only 1.5 grams of that is saturated fat.
7. Newest research reveals that, opposite to earlier beliefs, medium consumption of eggs does not have any negative result on cholesterol. In fact, latest studies have shown that frequent consumption of two eggs per day does not influence a person's lipid profile and may, actually, boost it. Research is indicating that it is saturated fat that increases cholesterol rather than dietary cholesterol directly from foods, for example whole eggs.
8. Eggs are great source of choline. One egg yolk (the yellow part) has about 300 micrograms of choline. It is an critical nutrient that helps regulate the brain, nervous system, and cardiovascular health.
9. Eggs may also reduce the possibility of getting a breast cancer. In one study, women who consumed 6 eggs in 7 days decreased their possibility of breast cancer by 44%.
10. Eggs advance healthy hair and nails because of their high sulphur content and a decent range of beneficial vitamins and minerals. A lot of people discover their hair growing quicker when including eggs in the diet, primarily because they were formerly missing foods that have sulphur or B12.

If you're looking for a safe and effective weight loss aid, then head on [to this site](#) and read more about the new groundbreaking weight [loss supplement, the Alpha T2](#).