

THE TRUTH ABOUT EGGS

ARE EGGS GOOD FOR YOUR BODY?



Legal Notice:

This eBook is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or the content within this eBook without the consent of the author or copyright owner. Legal action will be pursued if this is breached.

Disclaimer Notice:

Please note the information contained within this document is for educational purposes only.

Every attempt has been made to provide accurate, up to date and reliable complete information no warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in rendering legal, financial or professional advice.

By reading any document, the reader agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of use of the information contained within this document, including – but not limited to errors, omissions, or inaccuracies.

CONTENTS

Introduction.....	5
The History of Eggs.....	5
The Differences between Eggs	7
What You Will Learn in This Book.....	8
Health Benefits of Eggs.....	9
Nutritional Content of Eggs.....	9
Vitamin A.....	9
Magnesium	10
Riboflavin.....	10
Selenium.....	11
Zinc	11
Iron.....	11
Cobalamin (Vitamin B12).....	11
Calcium.....	12
Omega-3.....	12
Health Benefits of Eggs	12
Heart Health.....	12
Inflammation	13
Cholesterol/Triglycerides.....	14
Can Eggs Help You Stay Healthy?.....	15
Eggs and Obesity	15
Heart Disease.....	16
Muscle Mass and Bone Health.....	17
Blood Pressure.....	18
Metabolic Syndrome	18

Eye Health18

Pros and Cons of Eggs.....19

 The Pros of Eating Eggs.....20

 The Cons of Eating Eggs21

Other Uses for Eggs 23

 Pore-Reducing Egg Mask.....23

 Deep Clean Skin.....24

 Egg Hair Mask25

 Egg Paints26

Conclusion 28

References 29

INTRODUCTION

Eggs are a staple food around the world. They make up our regular breakfasts, play a key role in baking, and they even find their way into savory dinner recipes such as shakshuka. Colored eggs help us to celebrate Easter.



But are eggs good for you? We eat them all the time and you may never have considered the health implications of eating eggs. Is there such a thing as too many eggs?

THE HISTORY OF EGGS

It's not an exaggeration to say that the history of eggs is the history of the world. Except simple organisms that reproduce asexually, all living species have eggs. Fish lay them in huge numbers. Female mammals, including humans, produce eggs internally. Chickens lay approximately one egg every 24 hours.

Human beings have been consuming eggs for millennia. It might surprise you to learn that there are records of domesticated fowl in India dating back to 3200 B.C.E. Chinese and Egyptian history gives us evidence that people living in those areas were domesticating fowl and eating their eggs as of 1400 B.C.E. There's archaeological evidence of humans eating eggs in the Paleolithic Era.

The history of baking with eggs is not as long, but still impressive. Written records confirm that ancient Egyptians and Romans used eggs to bake bread.

While we tend to think of chicken eggs when we think of eggs to be eaten, there are many kinds of eggs that have fed humans in history. There are images on Egyptian tombs that depict people carrying ostrich eggs and other large eggs – possibly from pelicans. People in ancient China were fond of pigeon eggs. In some parts of the world, people eat reptile and insect eggs.

As of 2017, the world production of chicken eggs totaled 30 million tons. The largest number came from China, but the United States, India, Mexico, Japan, Brazil and Russia all produce millions of eggs per year.



There's no question that eggs are popular. And while chicken eggs are the most popular, it's not uncommon to find other eggs, including duck eggs, goose eggs, and quail eggs, in supermarkets and at farmers' markets. Eggs are here to stay.

THE DIFFERENCES BETWEEN EGGS

One thing that can be confusing about buying eggs is making sense of the various classifications used for them. If you've ever stood in the store wondering whether it's better to buy free range eggs or pastured eggs, you know what we mean.

Eggs with no special labels (usually the least expensive) are from factory-raised chickens who likely have no access to the outdoors. Here's a breakdown of what the other classifications mean:

Cage-Free Eggs	Free to walk or nest and engage in regular behavior; no access to outdoors
Free-Range or Free-Roaming	Not caged; access to outdoors and natural food, including insects and greens
Pasture Raised	Same as free-range
Certified Organic	Same as free-range

We'll get into some of the nutritional differences in eggs later, but in general, eggs that come from chickens that eat a natural diet are healthier to eat than eggs from factory-raised chickens, which usually eat a grain diet.

You should also know the differences in quality classification from the USDA. Ratings include:

- AA means the eggs have thick whites, round yolks, and are virtually free of defects.
- A means the eggs have slightly thinner whites and lighter yolks than AA eggs.
- B means the eggs have thin whites and flatter yolks than A-rated eggs; they are usually used in liquid or powdered egg products.

Eggs are further classified by size as follows:

Egg Size	Calories/Egg	Weight/Dozen
Small	50	18 ounces
Medium	60	21 ounces
Large	70	24 ounces
Extra Large	80	27 ounces
Jumbo	90	30 ounces

Different breeds of chicken lay different colored eggs. For example, Leghorns lay white eggs, Welsummers lay dark brown eggs, and Ameraucanas lay blue eggs. Most commercially-produced eggs are white or brown, but a lot of people who keep chickens choose breeds based on the shell colors. The color of the shell has no impact on the nutritional content of the egg. That's linked to the chicken's diet.

WHAT YOU WILL LEARN IN THIS BOOK

The purpose of this guide is to help you understand the nutritional value and health impact of eating eggs. We'll focus on chicken eggs since they are the most widely-consumed kind of egg. The topics we'll cover include:

- The nutritional content of eggs
- The potential health benefits of consuming eggs
- Whether eating eggs can help you avoid disease and stay healthy
- The pros and cons of including eggs in your diet
- Other uses of eggs, including beauty treatments and crafts

By the time you've finished reading, you'll have the information you need to make an informed decision about adding eggs to your diet.

Let's get started!

HEALTH BENEFITS OF EGGS

Everything that makes up your diet has the potential to affect your health. Eggs are eaten all around the world and many of us eat them every day. For that reason, it's essential to understand what their nutritional content is and how eating eggs can impact your health.

NUTRITIONAL CONTENT OF EGGS

Let's start with nutrition. Nutritional information is typically broken down into macronutrients and micronutrients. Macronutrients are important because they explain how your body digests and uses the energy in food. Micronutrients play key roles in your health and in important bodily functions.

The macronutrient content of eggs is quite simple. A large egg contains approximately 7 grams of protein and 5 grams of fat, including 1.5 grams of saturated fat. Eggs are not a good source of carbohydrates.

Protein provides the building blocks of your muscle, hair, and skin. Fat helps to lubricate your joints, ease digestion, and improve satiety after you eat. Your body needs both protein and fat to be healthy.

The micronutrient content of eggs is more complicated. Here are some of the key micronutrients found in chicken eggs.

VITAMIN A

Vitamin A is an important antioxidant vitamin. A large egg contains approximately 80 micrograms of Vitamin A in its yolk. There is no significant amount of Vitamin A in egg whites.

Your body needs Vitamin A to support healthy vision, healthy bones, and the immune response. Vitamin A also plays a role in reproductive health and may prevent certain types of cancer, including cervical and lung cancer.



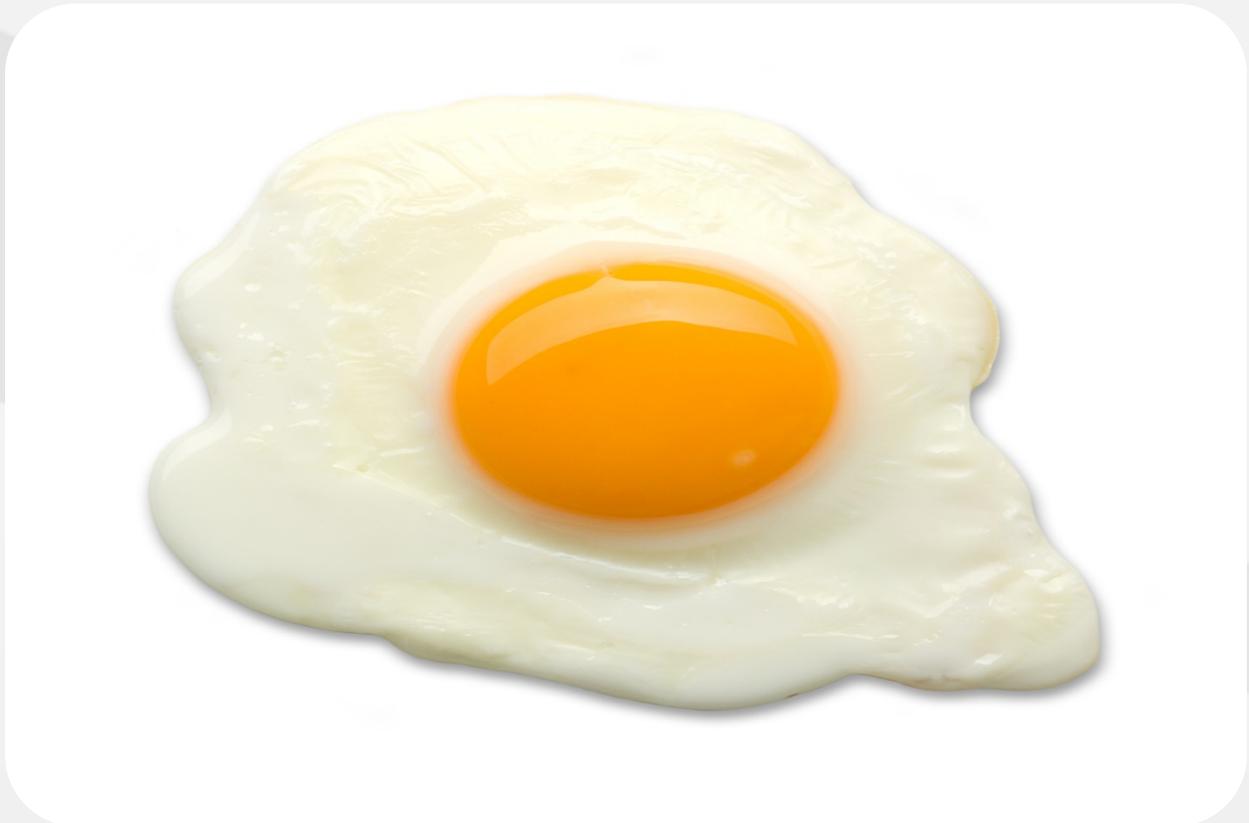
MAGNESIUM

One large egg contains nearly 5 milligrams of magnesium, which is 80% of the recommended daily allowance (RDA.) Most of the magnesium, about 80%, is in the egg white, with the remaining amount found in the yolk.

Magnesium regulates the nervous system, improves energy, and gives a boost to athletic performance. It may also help to combat depression and high blood pressure.

RIBOFLAVIN

Riboflavin is also known as Vitamin B2. A single egg contains about .2 grams of riboflavin, split evenly between the egg white and the egg yolk.



Riboflavin helps your body to break down the food you eat and use it for energy. It plays a role in the healthy function of your skin and digestive system and may help to prevent cataracts.

SELENIUM

One large egg contains about 16 micrograms of the mineral selenium, with approximately 59% found in the yolk and 41% found in the white.

Selenium may help to reduce the risk of certain cancers, including breast and prostate cancer. It supports healthy brain function, and there's evidence to suggest that it may help to prevent heart disease as well.

ZINC

There's about half a milligram of zinc in one large egg, mostly in the yolk. Zinc is an important mineral and micronutrient for human health.

Zinc helps to regulate your metabolism, meaning that it can play a role in weight gain and weight loss. It also supports immune function and is commonly used as a supplement to ward off colds and viruses.

IRON

Eggs contain small but significant amounts of iron, about .4 milligrams in the yolk of one large egg.

In the human body, iron plays a significant role in the function of hemoglobin, which carries oxygen in the blood. It's also important for energy and healthy pregnancies.

COBALAMIN (VITAMIN B12)

One egg yolk contains about .33 micrograms of Vitamin B12. B12 deficiency is common in vegans because there are few vegetarian sources of this essential vitamin.

Vitamin B12 has been linked to a reduced risk of depression. It helps the body produce red blood cells and plays a role in reducing the risk of birth defects, among other things.

CALCIUM

Calcium is an essential mineral. In a single egg, you'll find more than 24 milligrams of calcium, mostly in the yolk.

Calcium helps to keep your bones and teeth strong. It can prevent osteoporosis. It plays an important role in helping your brain communicate with other parts of your body.

OMEGA-3

Omega-3 essential fatty acid is something your body can't make on its own. Eggs are not naturally a good source of Omega-3. However, some egg producers add flaxseeds to chickens' diets, something that results in eggs with a healthy dose of Omega-3.

Omega-3 plays a key role in circulatory and cardiac health. It's a key nutrient in protecting the brain and preventing dementia and memory loss. It also fights inflammation and can prevent or reduce the symptoms of autoimmune diseases.

As you can see, eggs are nutritious. It's important to note that the nutritional content of egg whites is less than whole eggs, since many of the nutrients are found in the yolk.

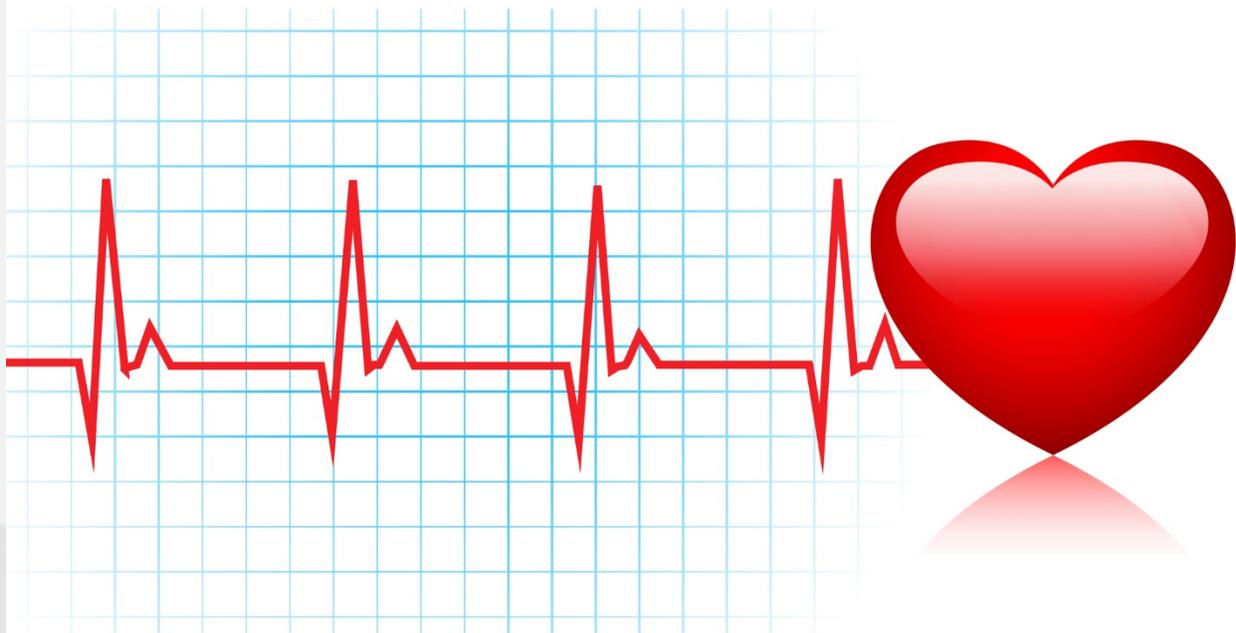
HEALTH BENEFITS OF EGGS

For a long time, eggs got a bad rap. They were dismissed as a food too high in cholesterol or fat to be healthy. While it is true that eating too many eggs isn't a good idea, eating eggs regularly can be good for you.

HEART HEALTH

When it comes to cardiac health, eggs are a bit controversial. However, recent research suggests that the amount of saturated fat we eat has a far greater impact on our cholesterol levels than the amount of cholesterol in food.

A study in China looked at half a million people and compared their egg consumption to their risk of serious cardiac events such as heart attacks and strokes. It found that people who ate eggs regularly but moderately (averaging out to about $\frac{3}{4}$ of an egg per day or 5 eggs per week) had a lower risk of cardiac disease than those who ate significantly more eggs or no eggs.



One reason may be that eggs are a good source of choline. Choline is responsible for helping your liver get rid of cholesterol. People who don't get enough choline in their diets are at risk of high cholesterol and associated liver and heart problems.

INFLAMMATION

As we have already mentioned, eggs are a good source of several anti-inflammatory vitamins and minerals, including Vitamin A, zinc, and potentially Omega-3 if you buy enriched eggs.

Inflammation is an essential part of the immune response but when it runs out of control, it can cause significant health issues. Inflammatory disease such as arthritis can be exacerbated if you eat a diet high in inflammatory foods such as sugar and alcohol. Eating eggs regularly can help to keep inflammation under control.

CHOLESTEROL/TRIGLYCERIDES

As we mentioned earlier, eggs do contain cholesterol. However, there is evidence that the cholesterol in the food we eat is not directly correlated to our blood cholesterol levels. Instead, those are tied to the amount of saturated fat we consume.

Egg yolks do contain some saturated fat, but it's a small amount, only about 1.5 grams in a large egg. Provided that you eat eggs as part of a diet that's healthy and contains minimal saturated fat, they can be safe and beneficial for the health of your heart.

Now that you have a handle on the nutritional content and general benefits of eggs, it's time to dig a little deeper. In the next chapter, we'll talk about whether eating eggs can help you stay health.

CAN EGGS HELP YOU STAY HEALTHY?

Are you on a quest to improve your health by changing your diet? If so, then you're probably thinking about the benefits of the foods you eat regularly. For many of us, eggs are a dietary staple, so it makes sense to consider the impact they have on our health.

The good news is that there are ways in which eggs can help improve your health. In this chapter, we'll review them.

EGGS AND OBESITY

There's no question that obesity is an epidemic around the world. In the United States, approximately 100 million people are affected by obesity. It's responsible for 1 in 5 deaths and contributes to chronic diseases such as diabetes, cancer, and cardiovascular disease.

Eating eggs can help people lose weight. One key reason is that they are an excellent source of protein. A study from 1995 compared the effect different foods had on satiety (the feeling of fullness and satisfaction after a meal) and concluded that eggs scored high on the satiety scale.

A 2005 study looked at a group of overweight and obese women who were given either a bagel breakfast or a breakfast with eggs. It concluded that the group who ate eggs felt full for longer after the meal than the group who ate bagels. Even more importantly, the women in the egg group ate less at lunch and throughout the day than the people in the bagel group.



A subsequent study from 2008 confirmed those results. A group of overweight men and women were divided into four categories. Two of the groups ate an egg-based breakfast. One of these groups ate eggs but did not otherwise change their diet. The other group ate a reduced-calorie diet designed to help them lose weight. The other two groups ate a bagel breakfast, with one group reducing calories.

The people who ate eggs with a reduced calorie diet:

- Experienced a 61% greater reduction in Body Mass Index (BMI) than the group who ate bagels with a reduced calorie diet
- Lost 65% more weight than the bagel group
- Lost 34% more waist circumference than the bagel group
- Lost 16% more body fat than the bagel group

The key takeaway here is that eggs are a useful addition to your diet if you're looking to lose weight, reduce your body fat, or trim inches from your waist.

HEART DISEASE

We already talked a little bit about how eggs, despite their cholesterol content, may be beneficial to heart health. Now, let's dig a little deeper.

The reason that dietary cholesterol does not necessarily impact cholesterol levels is that your liver modulates its cholesterol production in response to your cholesterol intake. In other words, if you eat foods that are high in cholesterol, your body produces less of it. If you reduce the cholesterol in your diet, your body increases its production.

That said, it's also important to note that research shows that approximately 70% of the population do not have an adverse reaction to dietary cholesterol, meaning that it won't affect their cholesterol levels or increase their risk of heart disease. The other 30% are known as "hyper responders" and eating eggs can potentially cause them to experience increases in overall and LDL cholesterol.

There's evidence to suggest that eating eggs can increase your HDL, or "good," cholesterol. One study from 1994 measured cholesterol in individuals who ate two eggs per day. At the end of the study, participants experienced a 10% average increase in HDL cholesterol and no change in their LDL cholesterol or triglycerides.

A 2010 study confirmed those results, showing that people who ate a low-carbohydrate diet with eggs had higher HDL cholesterol than those who ate a similar diet without eggs. In other words, for most people, adding eggs to their diets won't adversely affect cholesterol levels and may increase levels of beneficial HDL cholesterol.

MUSCLE MASS AND BONE HEALTH

Protein provides the building blocks of bones and muscles. If your diet is too low in protein, you risk losing bone and muscle, which can make you susceptible to injuries as you age.

Eggs are an excellent source of protein. Eating eggs can help increase bone mass and bone density. Better bone density means a decreased risk of osteoporosis.

There's also evidence that eating healthy protein is essential for building muscle mass.



Even if you're not hitting the gym hungry for "gains," you can still benefit by building muscles. Muscle tissue burns more calories than fat even when you're resting. In addition, muscles provide support and protection to your bones and joints.

BLOOD PRESSURE

High blood pressure is directly correlated with an increased risk of serious heart disease, heart attacks, and strokes. It turns out that eating lean protein like the protein found in eggs may help to lower blood pressure.

A review of studies from 2010 found that eating a diet rich in protein may have a beneficial effect on blood pressure.

METABOLIC SYNDROME

Metabolic Syndrome can make it difficult for people to lose weight. We found a study from 2016 that concluded that replacing the protein in red meat and processed meat with protein from fish, legumes, and eggs, helped to reduce the risk and symptoms of metabolic syndrome.

EYE HEALTH

We already mentioned that eggs are an excellent source of Vitamin A, which is an essential micronutrient for healthy vision. However, it's also a rich source of two other nutrients that help your eyes: lutein and zeaxanthin.

A 1999 study found that eating eggs correlated directly to increased levels of both lutein and zeaxanthin. Higher levels of both are inversely correlated to the risk of age-related eye conditions including macular degeneration and cataracts.

Eggs are nutritious and when eaten as part of a healthy and balanced diet, they can provide your body with needed protein and nutrients to help you get (and stay) healthy.

Coming up next, we'll review the pros and cons of eating eggs – keep reading to learn more!

PROS AND CONS OF EGGS

Think of any food that's in your kitchen or at your local grocery store. Regardless of what it is, there are pros and cons to adding it to your diet. Sometimes the pros greatly outweigh the cons, as they do with most fresh vegetables. Sometimes the reverse is true – we're looking at you, processed foods!



With eggs, there are some things that you should consider before making them a regular part of your diet. In this chapter, we'll run through the pros and cons, so you can make an informed decision about eating eggs.

THE PROS OF EATING EGGS

Let's start with the good news. Here are some of the very good reasons to eat eggs:

1. Eggs are an excellent source of protein. We've already reviewed the reasons that protein is important – and good for you! However, here we want to add that eggs provide a “complete” protein. That means that they contain all nine essential amino acids. (Essential amino acids cannot be produced by your body and must be included in your diet.)
2. Eggs are a rich source of other important nutrients, including Vitamin A, selenium, choline, and iron. It's important to include nutritionally-dense foods in your diet and there's no doubt that eggs fit the bill.
3. Eggs are an incredibly versatile food. They are often consumed at breakfast but can be added to a salad for a healthy lunch, simmered in a zesty tomato sauce for a filling dinner, or provide leavening and richness to all kinds of baked goods.
4. Eggs are an affordable and widely available source of protein. The average price of a dozen eggs in the United States is just \$1.60 as of 2018 – down significantly from where it was in 2016. They are far more affordable than most sources of animal protein.
5. Eggs may increase your HDL or “good” cholesterol and can also decrease your risk of heart disease.

Eggs are healthy for most people to eat and they make an affordable addition to your diet.

THE CONS OF EATING EGGS

Of course, there are some potential downsides and risks to eating eggs.



Here are a few to consider:

1. For about 30% of the population, eating eggs can lead directly to an increase in LDL or “bad” cholesterol. If your LDL or total cholesterol is high and you've been eating eggs, you may want to experiment with reducing your intake to see if it makes a difference.
2. Eggs contain saturated fat. While most of us are fine provided we keep our intake of saturated fat under control, some people may experience an increased risk of diabetes if they eat eggs as part of a diet that's high or moderately high in fat.
3. There is some evidence to suggest that high intake of eggs may be linked to an increased risk of colon or colorectal cancers, although more study is needed.
4. While eating a moderate amount of eggs is unlikely to increase your risk of heart disease, there is an increased risk for people who eat a high number of eggs regularly. It's important to consume eggs as part of a balanced diet.

Our main takeaway here is that when eggs make up part of a healthy and balanced diet that's rich in vegetables and fruits and low in red meat and processed foods, they can be a healthy and nutritious way to get the protein you need.

Most people won't see an increase in their cholesterol from eating eggs. However, you should talk to your doctor before adding eggs to your diet or increasing your intake, particularly if you're already battling high cholesterol.

In the next and final chapter, we'll talk about some of the non-dietary uses of eggs.

OTHER USES FOR EGGS

While eggs are delicious and versatile, they have uses that go far beyond your plate. In fact, they can give your external beauty a boost – especially your skin and hair – and they even have a place on your craft table!



PORE-REDUCING EGG MASK

People pay hundreds of dollars to reduce the size and appearance of their facial pores. However, egg whites can do the job for just pennies.

Egg whites are naturally astringent, meaning that they have some of the same properties as a good facial toner or astringent. They can be used for oily, combination, normal, or dry skin.

- For oily skin, mix one egg white with the juice of ½ lemon
- For combination skin, mix one egg white with 1 teaspoon of lemon juice and 1 teaspoon of honey

- For normal skin, mix one egg white with 2 teaspoons of corn starch
- For dry skin, blend one egg white with 6 or 7 grapes

Make sure to thoroughly clean and dry your face before applying the egg mask. Leave it in place until it dries, then wash it with warm water and moisturize as usual.

DEEP CLEAN SKIN

If your skin is prone to blackheads or if you've got dirt and makeup in your pores, then using eggs can help you give your skin the deep cleaning it needs.

To use this method, combine:

- 2-3 egg whites
- The juice of $\frac{1}{2}$ lemon
- 1 teaspoon of honey
- 1 teaspoon of baking soda

Mix all ingredients until combined. Then, use a makeup brush to apply a thin layer to your skin. While it's still wet, apply a layer of tissue. Allow it to dry, then paint on another layer of egg white and add more tissue. Two or three layers should be enough.



Once the top layer is dry, gently peel off the paper with your fingers. The mask should bring blackheads and dirt from your pores with it. Finish by washing your face and moisturizing as usual.

EGG HAIR MASK

Just like your skin, your hair is made of protein. That means that egg treatments and masks can give your hair great shine and bounce.

Here are a few egg hair mask combinations to try:

- **For dry or damaged hair**, combine one banana, two egg whites, a cup of milk, and a tablespoon of olive oil. Blend until it forms a paste. Apply to hair from the roots to the ends. Let sit for 30 minutes, then rinse.
- **For dry hair**, combine 4 tablespoons of egg white with 4 tablespoons of almond milk and 2 tablespoons of coconut oil. Stir until smooth, then apply to your hair and let it sit for 30 minutes. Rinse and shampoo as usual – but do not condition. You can use this mask up to 3 times a week.
- **For dandruff**, combine one whole egg with one tablespoon of vinegar and one tablespoon of olive oil. Stir until combined, then apply to hair and let it sit between 45 minutes and two hours. Rinse and shampoo your hair, but do not condition it.
- **For dull hair**, combine 3 tablespoons of egg yolk and 4 tablespoons of aloe vera gel. Heat one tablespoon of olive oil and then stir it into the mixture. Apply to your hair and let sit for 30 minutes, then rinse with cold water to restore shine.

These are just a few suggestions. You can find lots of other DIY hair treatments online that use eggs and other household ingredients – and skip the harmful chemicals found in many hair products.

EGG PAINTS

This last item is fun. If you're a crafty person and enjoy painting, then you can use egg yolks to make paint!



Egg-based paint is called egg tempera and it is extremely easy to make. The simplest recipe is as follows:

- Break eggs and separate the yolks from the whites.
- Use a pin to poke a whole in the yolk membrane and allow the yolk to drain into a dish. Discard the membrane.
- Add pigment in an amount equal to the yolk. (This isn't chemistry. You don't need to measure, just eyeball it.)
- Add water until the paint is the desired consistency.

If you want to get a little fancy with it, you can add some linseed oil to thin the paint and improve its texture. You can find several recipes [here](#) and [here](#).

Keep in mind that egg tempera will dry out over time. It's best to make only as much as you're going to use and then add water as needed to retain its consistency. If you blow the eggs out by making a pinhole in the shell, you can also paint the shells and make them into ornaments and decorations!

Eggs are versatile and fun. They can improve the appearance of your skin and hair and help you beautify your home. There are lots of reasons to keep eggs in your house!

CONCLUSION

Thank you for reading *The Truth About Eggs*. There are many good reasons to add (or keep) eggs in your diet. They are a healthy and nutritious food that, when eaten as part of a healthy diet, can help keep you fit, healthy, and happy.

Of course, we always recommend that you check with your doctor before making any significant changes to your diet. If you're one of the 30% of people whose cholesterol levels are impacted by egg consumption, you may want to stick to egg whites or avoid eggs altogether. Eggs can be good for you but there's nothing more important than paying attention to your body and its needs.

Thank you again for reading!

REFERENCES

Introduction

<http://www.foodtimeline.org/foodeggs.html>

https://en.wikipedia.org/wiki/Egg_as_food

<https://www.humanesociety.org/resources/how-decipher-egg-carton-labels>

<https://eggsafety.org/types-of-eggs/>

<https://backyardpoultry.iamcountryside.com/eggs-meat/a-guide-to-different-colored-chicken-eggs/>

The Health Benefits of Eggs

<https://www.webmd.com/diet/features/good-eggs-for-nutrition-theyre-hard-to-beat#1>

<https://www.eggnutritioncenter.org/egg-nutrition-facts-panels/>

<https://www.ahealthiermichigan.org/2011/10/11/the-nurtional-value-of-egg-whites-versus-egg-yolks-what-do-you-use/>

<https://www.medicalnewstoday.com/articles/283659.php>

<https://www.healthline.com/nutrition/vitamin-a-benefits>

<https://www.healthline.com/nutrition/10-proven-magnesium-benefits>

<https://www.livescience.com/51966-vitamin-b2-riboflavin.html>

<https://www.healthline.com/nutrition/selenium-benefits#1>

<https://www.mayoclinic.org/drugs-supplements-zinc/art-20366112>

<https://www.medicalnewstoday.com/articles/287228.php>

<https://www.healthline.com/nutrition/vitamin-b12-benefits>

<https://www.medicalnewstoday.com/articles/248958.php>

<https://www.theglobeandmail.com/life/health-and-fitness/ask-a-health-expert/omega-3-eggs-healthier-choice-or-marketing-gimmick/article4574714/>

<https://www.healthline.com/nutrition/17-health-benefits-of-omega-3>

<https://heart.bmj.com/content/104/21/1756>

<https://www.healthline.com/nutrition/what-is-choline>

Can Eggs Help You Stay Healthy?

<https://www.usnews.com/news/healthiest-communities/articles/2019-09-19/obesity-in-america-a-guide-to-the-public-health-crisis>

<https://www.ncbi.nlm.nih.gov/pubmed/7498104>

<https://www.ncbi.nlm.nih.gov/pubmed/16373948>

<https://www.ncbi.nlm.nih.gov/pubmed/18679412>

<https://www.sciencedirect.com/science/article/abs/pii/S0026049565900028>

<https://www.ncbi.nlm.nih.gov/pubmed/16340654>

<https://www.ncbi.nlm.nih.gov/pubmed/8120521>

<https://www.ncbi.nlm.nih.gov/pubmed/19369056>

<https://www.ncbi.nlm.nih.gov/pubmed/21102327>

<https://www.ncbi.nlm.nih.gov/pubmed/22958314>

<https://www.ncbi.nlm.nih.gov/pubmed/20711407>

<https://www.sciencedirect.com/science/article/abs/pii/S026156141630005X>

<https://www.ncbi.nlm.nih.gov/pubmed/10426702>

<https://www.ncbi.nlm.nih.gov/pubmed/16723441>

<https://www.ncbi.nlm.nih.gov/pubmed/12766044>

Pros and Cons of Eggs

<https://healthyeating.sfgate.com/advantages-disadvantages-eggs-6636.html>

<https://healthyeating.sfgate.com/amino-acids-contained-milk-eggs-3992.html>

<https://www.eggnutritioncenter.org/science-education/nutrition/daily-consumption-eggs-increase-plasma-choline-without-affecting-risk-heart-disease-healthy-individuals/>

<https://www.statista.com/statistics/236852/retail-price-of-eggs-in-the-united-states/>

<https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-with-eggs>

<https://www.ncbi.nlm.nih.gov/pubmed/1639534>

Other Uses for Eggs

<https://wildaboutbeauty.com/egg-white-for-face/>

<https://www.medicalnewstoday.com/articles/323602.php>

<https://bellatory.com/skin/DIY-Egg-White-Face-Mask-Recipes>

<https://www.wikihow.com/Get-Rid-of-Blackheads-Using-an-Egg>

<https://wildaboutbeauty.com/egg-hair-mask/>

<https://backyardpoultry.iamcountryside.com/eggs-meat/how-to-make-tempera-paint-with-egg-yolk/>

<https://www.incredibleart.com/egg-tempera/>