

This Is Why Eggs Are The Healthiest Food On The Planet

By Health Advice



Eggs are one of the best foods that you can consume, especially if you have a deficiency in any nutrition, which is why most nutritionists referred to it as “Nature’s Multivitamin”.

These small, delicious foods contain powerful brain nutrients and unique antioxidants that are unbelievably healthy. Some people choose to not consume them daily, but it was proven that one egg per day is not bad at all. In fact, it is necessary. Without further ado, this is why eggs are the healthiest food on Earth.

1 - THE MOST NUTRITION FOOD ON EARTH

Have you ever thought of how can one single fertilized cell turn into a baby chicken?

It is because one whole egg is loaded with vitamins, high-quality protein, and good fats. Plus, other nutrients that are less known. One big egg contains:

- **Selenium:** 22% of the RDA
- **Vitamin A:** 6% of the RDA
- **Vitamin B12 (cobalamin):** 9% of the RDA
- **Vitamin B5 (pantothenic acid):** 7% of the RDA
- **Vitamin B2 (riboflavin):** 15% of the RDA

Moreover, eggs hold small amounts of almost every vitamin and mineral required by the human body, including iron, calcium, manganese, folate, potassium, Vitamin E, and many more. Also, one big egg contains only 77 calories and 6 grams of High-Quality protein. Add to that a very small amount of carbohydrates.

PS: Most nutrients exist in the Yolk while the white contains only protein.

2 - IMPROVES YOUR CHOLESTEROL

The main thing that scares people about eggs is the fact that it is loaded with cholesterol (212 mg). However, this type of cholesterol is actually very beneficial since it increases HDL -the good cholesterol- while changing the LDL sizes –The bad cholesterol- that is strongly associated with heart diseases.

According to some studies, people with diabetes show an increased risk of heart disease. So, eating 3 eggs per day can help reduce insulin resistance. Raise HDL and change LDL sizes, which help to lower the risk of any danger of a heart problem.

3 - LOADED WITH CHOLINE

Choline is one of the least known nutrients since it's usually regarded as a B-complex vitamin. In other words, it is a very important nutrient to the brain and many other processes in the body. In fact, a low Choline in the body was found to be strongly linked with many diseases in the heart, liver, and also, neurological disorders.

Moreover, this nutrient was found to be very beneficial for pregnant women since a low intake of it can lead to neural tube. The best sources of choline are beef liver and egg yolks (113mg of choline).

4 - HIGH-QUALITY PROTEIN

High-quality proteins are very needed by our bodies since they serve functional and structural purposes. However, without a good Amino Acid Profile, these proteins may be useless, because our bodies need 21 Amino to build them.

Furthermore, 9 of this Amino can't be produced by the body, they must be obtained from a good diet, and obviously, eggs are among the best sources of the high-quality protein. Plus, it has all the needed Amino acids that our bodies require daily.

5 - PROTECT YOUR EYES

The eggs contain 2 important antioxidants that our eyes need to be powerfully protected, they are called Zeaxanthin and Lutein, both are located in the Yolk. These antioxidants accumulate in the retina, which is the part that protects our eyes from the harmful light, like the sunlight.

Also, they can decrease the risk of cataracts and macular degeneration, which are among the leading causes of blindness and vision impairment in the elderly.

Therefore, consuming only 1.3 eggs Yolks per day for a month can increase the levels of Lutein by 28-50% and zeaxanthin by 114-142%.

6 - THEY CAN HELP YOU LOSE FAT

Do you want to lose weight? Have eggs for breakfast daily.

According to many studies and researchers, it has been found that eggs for breakfast can actually lead to fat loss due to the fact they contain trace amounts of carbohydrates and a lot of good fats and protein.

In one research, 30 overweight women were divided into two groups: one that had to consume bagels for breakfast and the other has to eat eggs (both have the same calories). The women who had eggs were fuller and ate fewer calories during the day, which helped them lose weight faster. These were the results of the egg group:

- Lost 16% more body fat.
- Dropped 65% more body weight.
- Reduced 34% in the waist area.
- 61% greater reduction in BMI.

However, keep in mind that eggs were not created equal depends on how the hens were fed, so make sure to always purchase pastured and omega-3 enriched eggs because they are richer in healthy nutrients.

Don't forget that they are delicious, cheap, and go well with any food item, so try to consume them daily for a better health and a stronger mind.