

## The Egg Whites vs. Yolks

People think egg yolks are terrible for you...that's where all the nasty fat and cholesterol is", but that's where all the nutrition is!"

This is a perfect example of how confused most people are about nutrition. In a world full of misinformation, somehow most people now mistakenly think that the egg yolk is the worst part of the egg, when in fact; the **YOLK IS THE HEALTHIEST PART OF THE EGG!**

By throwing out the yolk and only eating egg whites, you're essentially throwing out the most nutrient dense, antioxidant-rich, vitamin and mineral loaded portion of the egg. The yolks contain so many B-vitamins, trace minerals, vitamin A, folate, choline, lutein, and other powerful nutrients... it's not even worth trying to list them all.

In fact, the egg whites are almost devoid of nutrition compared to the yolk.

Even the protein in egg whites isn't as powerful without the yolks to balance out the amino acid profile and make the protein more bio-available. Not to even mention that the egg yolks from free range chickens are loaded with omega-3 fatty acids.

Yolks contain more than 90% of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, and B12, and panthothenic acid of the egg. In addition, the yolks contain all of the fat soluble vitamins A, D, E, and K in the egg, as well as all of the essential fatty acids.

I hear people say that whole eggs will skyrocket my cholesterol through the roof"

No, this is FALSE!

First of all, when you eat a food that contains a high amount of dietary cholesterol such as eggs, your body down-regulates its internal production of cholesterol to balance things out.

On the other hand, if you don't eat enough cholesterol, your body simply produces more since cholesterol has tons of important functions in the body.

And here's where it gets even more interesting... There are indications that eating whole eggs actually raises your good HDL cholesterol to a higher degree than LDL cholesterol, thereby improving your overall cholesterol ratio and blood chemistry.

And 3rd... high cholesterol is NOT a disease! Heart disease is a disease...but high cholesterol is NOT. You can read the following article about why trying to attack cholesterol is a mistake, and what the REAL deadly risk factors actually are...

<http://www.truthaboutabs.com/cholesterol-myths.html>

So I hope we've established that whole eggs are not some evil food that will wreck your body... instead whole eggs are FAR superior to egg whites. Also, your normal supermarket eggs coming from mass factory farming just don't compare nutritionally with organic free range eggs from healthy chickens that are allowed to roam freely and eat a more natural diet.

One more thing about eggs...

I read a study recently that compared groups of people that ate egg breakfasts vs. groups of people that ate cereal or bagel based breakfasts. The results of the study showed that the egg eaters lost or maintained a healthier bodyweight, while the cereal/bagel eaters gained weight.

It was hypothesized that the egg eaters actually ate less calories during the remainder of the day because their appetite was more satisfied compared to the cereal/bagel eaters who would have been more prone to wild blood sugar swings and food cravings.