



### Eggs

Have you cut them down or out of your diet because you've heard that they raise blood cholesterol levels??

There are so many conflicting messages about eggs and their effect on our health and as a result people are restricting them unnecessarily. Eggs are a nutritional powerhouse providing 11 different vitamins and minerals, high quality protein, healthy fats (including omega-3) and important antioxidants. Recent research shows eating eggs has very little, if any, effect on blood cholesterol levels with the real culprit being saturated fat.

Saturated fat is found in the following foods; fatty meats (salami, sausages, chops), poultry skin, butter, cream, full fat dairy products, coconut oil, cakes, biscuits, take-away and fried foods.

A majority of the fat in eggs is the unsaturated "good" type. So don't be afraid to poach an egg for breakfast, add one to your salad at lunch or enjoy a frittata for dinner.

***VIS Sports Dietitian, Kylie Andrew***