

Whole eggs or egg whites?

Should you eat the whole egg—or just the whites?

Every week, it seems like there's a new study that offers conflicting advice.

Here's a refreshing take, based on the body of scientific evidence: There's nothing wrong with opting for egg whites—or whole eggs (yolk included).

In fact, there are legit reasons to eat both. Or one or the other. Or neither.

Here are the pros and cons of each.

Whole eggs...

- ☑ Have a distinct flavor and are tasty on their own
- ☑ Can be hard-boiled for easily portable whole-good snack
- ☑ Include the yolk, which contains the majority of an egg's most beneficial nutrition
- ☑ Won't increase blood cholesterol or the risk of artery disease—for most people
- ☑☑ Should likely be minimized for people with diabetes, heart disease, and/or a family history of high cholesterol.

Egg whites...

- ☑ Are one of the very best sources of high-quality protein
- ☑ Are ideal for anyone looking to boost protein intake with minimal added calories
- ☑ Can be added to many dishes and seasoned creatively because their taste is neutral
- ☑☑ Should always be cooked because, when raw, they contain avidin (an "antinutrient" that prevents the absorption of biotin, an essential vitamin)
- ☑☑ May be considered bland.

The bottom line:

Because they don't contain the yolk, egg whites have fewer nutrients than whole eggs.

But unless you have specific health conditions, the choice boils down to personal preference.

There's also this option: If you love whole eggs and want more protein—but without as many calories—you could simply scramble a couple of whole eggs with some ready-made liquid egg whites.

Think of it as the best of both worlds!

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

Phone: (810) 569-8184

Joshua@compasshealthwellness.com