

Eating Eggs Helps Lower Your Risk of Heart Disease

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STORY AT-A-GLANCE

- › Research shows eating eggs up to six times per week lowers the risk of heart disease-related death by 29% and reduces overall mortality by 17%
- › Choline, an essential nutrient found in eggs, supports heart health by reducing homocysteine levels, a major risk factor for cardiovascular disease
- › In addition to cardiovascular disease, choline deficiency leads to various health complications like fatty liver disease, muscle breakdown and cognitive decline
- › Pasture-raised eggs from a reputable source offer the most health benefits by reducing harmful omega-6 fats that contribute to inflammation and chronic disease
- › Eating the yolks is important as it ensures you get all the nutrients, including essential vitamins, antioxidants and amino acids needed for optimal health

Eggs have been unfairly demonized for decades, largely due to outdated concerns over cholesterol. Commonly spouted dietary guidelines relentlessly pushed the idea that cholesterol in eggs would clog your arteries. Yet, a growing body of research now shows that consuming eggs regularly is not only safe for your health but also protects your cardiovascular health.

Eating Eggs Helps Lower the Risk of Heart Disease in Older Adults

A study published in *Nutrients* examined the relationship between egg consumption and mortality, particularly in older adults. Researchers followed 8,756 individuals aged 70 and older for nearly six years to determine whether eating eggs regularly impacted their risk of dying from heart disease or other causes. Their findings challenge outdated dietary fears, showing that moderate egg consumption is linked to better longevity and a reduced risk of cardiovascular-related death.¹

- **Eggs support heart health** — Participants were grouped based on how frequently they ate eggs — never or infrequently, weekly (one to six times per week) and daily (seven or more times per week).

The study found that those who ate eggs weekly had a 29% lower risk of dying from heart disease and a 17% lower risk of all-cause mortality compared to those who rarely or never ate eggs. Interestingly, individuals who ate eggs every day did not experience the same protective benefits, showing that moderation is key.²

- **Debunking the cholesterol myth** — One of the most significant findings was that the benefits of egg consumption remained strong even after adjusting for key health factors, such as diet quality, physical activity and cholesterol levels. The research also found no significant link between moderate egg intake and an increased risk of cancer mortality, further disproving concerns that dietary cholesterol from eggs harms long-term health.³
- **Choline plays a role** — Eggs contain several nutrients that make them uniquely beneficial for heart health. One of the most important is choline, a compound essential for maintaining cellular function and preventing homocysteine buildup.

Having elevated homocysteine levels is a well-known risk factor for cardiovascular disease, contributing to arterial damage and increasing the likelihood of heart attacks and strokes. The study supports previous research, showing that a choline-rich diet helps regulate homocysteine levels, reducing strain on the cardiovascular system.⁴

- **Eggs and a healthy lifestyle go hand in hand** — The study found that the greatest benefits were seen in individuals who maintained a generally healthy lifestyle,

meaning they consumed a balanced diet, engaged in regular physical activity and avoided excessive alcohol and smoking. Within this group, the risk reduction for cardiovascular mortality was particularly strong, reinforcing the hypothesis that eggs support a health-focused regimen.⁵

Now, here's the important question — how many eggs can you eat before the benefits taper off? According to study co-author Holly Wild, "Our results suggest that up to six eggs a week may reduce the risk of death from all causes and cardiovascular-related diseases in older adults. These findings may be beneficial in the development of evidence-based dietary guidelines for older adults."⁶

More Reasons Why Choline Is Good for You

Going deeper into the importance of choline for your health, another study, published in Nutrition Reviews, investigated its encompassing role in human nutrition. The researchers found that choline impacts brain development, liver function and muscle health.⁷

- **The role of choline in brain health** — Choline influences human metabolism, serving as a key building block for cell membranes and a precursor for acetylcholine, a neurotransmitter essential for memory and brain function.⁸
- **The vast majority are deficient in choline** — The study found that up to 90% of the population do not meet the recommended daily intake for choline, increasing their risk of chronic health problems. The research also found that eggs are the most concentrated dietary source of choline, providing 680 milligrams per 100 grams, making them a powerful tool for preventing choline deficiency.⁹
- **Liver health is affected** — One alarming finding was that choline deficiency directly contributes to liver damage. In a study cited by the researchers, 77% of men and 80% of postmenopausal women who did not consume enough choline developed signs of fatty liver disease.¹⁰

- **Muscle health is also affected** — Muscle deterioration was another major symptom of low choline intake. The study revealed that a lack of choline leads to increased markers of muscle damage, impairing strength and mobility. This is particularly concerning for aging adults, as muscle loss contributes to frailty, falls and loss of independence.¹¹

Choline Lowers Your Heart Disease Risk by Reducing Homocysteine

Beyond its role in liver function, choline is a powerful protector of cardiovascular health. Choline helps regulate homocysteine levels, a compound in blood that, when elevated, dramatically increases the risk of heart disease, strokes and blood vessel damage.

- **The effects of homocysteine buildup** — Higher homocysteine levels damage blood vessels by promoting inflammation and oxidative stress, both of which accelerate the development of atherosclerosis.

Choline helps convert homocysteine into a harmless amino acid called methionine, thereby lowering cardiovascular risk. The researchers found that individuals with higher choline intake had significantly lower homocysteine levels, reducing their likelihood of heart-related conditions.¹²

- **A natural way to protect your heart** — A separate analysis cited in the study noted that when individuals with high homocysteine levels consumed phosphatidylcholine (the form of choline found in eggs), their homocysteine levels dropped similarly to those who took folic acid supplements.¹³
- **Alternative diets put you at risk of choline deficiency** — The study also pointed out that many plant-based and vegan diets don't supply enough choline, increasing the risk of deficiency. This is particularly concerning for pregnant women and older adults, who have higher choline requirements for brain and muscle health.¹⁴

Other sources of choline include liver and beef, but eggs remain the most convenient and widely available option. Unlike some nutrients, your body is not able to produce

enough choline on its own, making dietary intake essential. Since it's estimated that around 50% of the population carries genetic variations that increase their need for choline, relying on whole food sources — like eggs — is a viable strategy to maintain optimal levels.¹⁵

Where to Get the Best Eggs

As noted in the published research, eating eggs will benefit your health. Their yolks, specifically, are one of the two most nutrient-dense foods in existence — the other being organ meats. That said, not just any egg will do.

- **Not all eggs are created equal** — Conventional eggs from factory-farmed chickens are high in inflammatory omega-6 polyunsaturated fats (PUFs) due to their poor-quality feed, which counteract the health benefits of eggs. If you eat more than four eggs a day, you'll likely surpass my recommended limit for [linoleic acid \(LA\)](#), which is 5 grams per day.
- **The secret is in the feed** — Ashley Armstrong's farm, Angel Acres Egg Co., produces some of the highest-quality eggs I've encountered, and the secret is in the feed she gives to her chickens. Another strategy that will significantly reduce harmful LA content is [allowing chickens to forage their own food](#). This is something to consider if you're raising your own backyard chickens.
- **Yolks provide the most nutrition** — I eat three raw egg yolks twice a day (total of six). The reason for this is because egg whites are high in tryptophan, which is a precursor to serotonin — a hormone that you want to limit because of its damaging effects on your health.

For more details on this topic, read my article "[What You Need to Know About Estrogen and Serotonin](#)." One of the reasons why I'm able to eat several yolks a day is because I get freeze-dried egg yolks from Angel Acres Egg Co., which have 75% lower LA than conventional eggs.

Other Strategies to Maximize the Nutrition of Eggs

Getting low-PUF eggs from a reputable source is just one piece of the puzzle. Here are additional recommendations on how to optimize your egg consumption for better health:

1. **Embrace egg yolks** — Forget the outdated fear of cholesterol when eating eggs. The yolk is where most of the nutrients are. It contains nearly all of the choline, vitamins A, D, E and K, along with antioxidants like lutein and zeaxanthin, which support eye health.

As I've mentioned earlier, I'm able to enjoy up to six yolks per day, but that's because they're sourced from chickens raised on low-PUF feed. If you must eat egg whites, moderate your consumption and don't forget to increase your intake of glycine, as it helps reduce the effects of too much tryptophan in your system. [Homemade bone broth and shanks](#) are good sources of glycine.

2. **Pair eggs with other healthy foods** — What you eat with your eggs makes a big difference in their overall health effects. Instead of pairing them with processed meats like bacon or sausage, go for nutrient-dense, whole foods. Add fresh fruit, root vegetables or grass fed dairy to your meal for a balanced, healthy diet.

Also, avoid cooking eggs in vegetable oils (like canola or soybean oil), which are loaded with LA. Instead, use grass fed butter, ghee or coconut oil.

3. **Space out your egg consumption** — The research shows that eating eggs one to six times per week is the sweet spot for longevity and heart health. Daily egg consumption doesn't necessarily increase risk, but the benefits slightly decline with higher intake.

If you eat eggs every day, consider alternating with other choline-rich foods like liver or grass fed dairy to diversify your nutrient intake. This approach ensures you get the full spectrum of vitamins and minerals while avoiding any potential imbalances.

Frequently Asked Questions (FAQs) About Eggs and Heart Health

Q: How do eggs help lower the risk of heart disease?

A: Eating eggs in moderation (around one to six times per week) has been linked to a 29% lower risk of dying from heart disease and a 17% lower risk of all-cause mortality in older adults. This effect remains even after accounting for other health factors like diet quality, exercise and cholesterol levels. The nutrients in eggs, particularly choline, help regulate homocysteine, a compound that, when elevated, increases your risk of cardiovascular disease.

Q: Is the cholesterol in eggs bad for you?

A: For years, people were told to avoid eggs due to their cholesterol content, but recent research has proven that dietary cholesterol from eggs does not significantly impact blood cholesterol levels in most people. Unlike processed foods high in LA fats, eggs provide essential nutrients that support heart health rather than harm it. The study found no link between moderate egg consumption and increased cancer or cardiovascular risk.

Q: Why is choline important, and how do eggs provide it?

A: Choline is an essential nutrient that supports brain function, liver health and heart protection. It helps produce acetylcholine, a neurotransmitter that improves memory and cognition, while also preventing fatty liver disease. Eggs are the most concentrated dietary source of choline, providing 680 mg per 100 grams. Since most people are deficient in choline, regularly consuming eggs will help prevent liver damage, muscle loss and cognitive decline.

Q: What happens if you don't get enough choline?

A: A lack of choline in your diet increases the risk of fatty liver disease, muscle breakdown and elevated homocysteine levels, which lead to heart disease. Research has found that 77% of men and 80% of postmenopausal women developed fatty liver disease when they didn't get enough choline. Since your body is not able to produce enough choline on its own, eating choline-rich foods like egg will help maintain adequate intake.

Q: What kind of eggs should I eat for the most health benefits?

A: Not all eggs are created equal. Pasture-raised eggs contain lower levels of inflammatory LA and higher levels of beneficial omega-3s, choline and antioxidants like lutein and zeaxanthin compared to conventional eggs. Choosing high-quality eggs from a regenerative farmer ensures you get the maximum health benefits without unwanted inflammation.

Sources and References

- ^{1, 2, 3, 4, 5} [Nutrients 2025, 17\(2\), 323](#)
- ⁶ [Euronews, February 7, 2025](#)
- ^{7, 8, 9, 10, 11, 12, 13, 14, 15} [Nutr Rev. 2009 Nov;67\(11\):615-623](#)