

How many eggs should you eat per day?



Categories:

Health & Nutrition, Tips

The Heart Foundation currently sets no limit for healthy people when it comes to how many eggs you can eat per day. The key is enjoying them, as part of a healthy and balanced diet.



When it comes to the versatility of eggs – is there too much of a good thing? We don't think so. Eggs can be a hero ingredient across every mealtime, as well as being a suitable snack that's filling and naturally nutrient-rich. Due to their versatility, people can sometimes question if these humble superfoods are packed on your plate too often.

We're here to put any concerns to rest and let (the majority) of you get back to doing what you do best – devouring your daily doses of delicious eggs.

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That being said, there are some limitations to those who are more sensitive to consuming dietary cholesterol, as outlined below.

Up to seven eggs per week is advised for those living with:

- Type 2 Diabetes
- High LDL (Bad) Cholesterol
- Any Existing Heart Disease

We've also outlined some of the guidelines for egg consumption when it comes to other groups with more specialised dietary requirements:

Individuals at risk of, or living with, heart disease can consume up to seven eggs per week in the context of a diet low in saturated fat.

Individuals with metabolic syndrome can follow the same guidelines and consume up to six eggs per week. There is some recent research

in this group of individuals suggesting higher intakes of eggs may improve carotenoid status through increasing HDL cholesterol, as well as blood fat levels and insulin sensitivity.

Pregnant women can safely enjoy eggs without restriction. Eggs are a great source of protein and valuable micronutrients needed in higher amounts during pregnancy. For this group, it's important to note there are some specific conditions on how eggs must be cooked before consumed.

And for **children**, it's recommended that they follow the healthy eating recommendations set out in [The Australian Dietary Guidelines](#), which include eggs as part of the lean meat, fish, poultry and alternatives group. The guide suggests children 4-7years consume ½-1 serve from this food group per day and children aged 8-11 years consume 1-1 ½ serves. (A serve of eggs is defined as 2 large eggs.)

Is It Bad To Eat Eggs Every Day?

In short no, so you can relax about enjoying your eggs daily without restriction as part of a healthy and balanced diet.

The beauty of eggs is that they can form part of many nutritious meals or as a healthy snack option. For every meal time there's a great recipe or interesting way you can enjoy them.

It's more important to consider what you're eating alongside your eggs, and to find healthy ways to enjoy them, such as poached or boiled as part of a varied diet that's rich in vegetables, fruit and wholegrains.

For more information on the nutritional benefits of eggs, feel free to read some more key facts here.