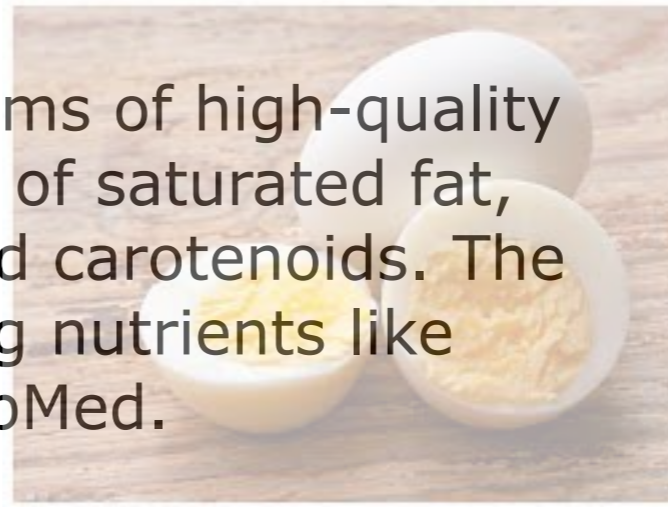


One egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. The egg is a powerhouse of disease-fighting nutrients like lutein and zeaxanthin according to WebMed.



Consuming up to **one egg** per day does not appear to be associated with cardiovascular disease (CVD) risk, according to a 2020 study and meta-analysis led by researchers at Harvard T.H. Chan School of Public Health.

**It's much more important to limit the amount of saturated fat you eat. See sidebar: High Fat Dairy, Red and Processed Fatty Meats.**

Moderate egg consumption can be part of a healthy eating pattern, it is not essential though.

When deciding whether to include eggs in your diet, consider the no more than three eggs per week is wise if you have diabetes, are at high risk for heart disease from other causes (such as smoking), or already have heart disease according to Harvard Health. **If you have no health issues as mentioned then one egg a day is part of a healthy eating plan.**

Saturated fat is found in:

- butter, ghee, suet, lard, coconut oil and palm oil
- cakes
- biscuits
- fatty cuts of meat
- sausages
- bacon
- cured meats like salami, chorizo and pancetta
- cheese
- pastries, such as pies, quiches, sausage rolls and croissants
- cream, crème fraîche and sour cream
- ice cream
- coconut milk and coconut cream
- milkshakes
- chocolate and chocolate spreads

The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat.

For example, if you need about 2,000 calories a day, no more than 120 of them should come from saturated fat.

**That's about 13 grams of saturated fat per day.**