

Abstract

The health impact of the consumption of eggs has long been debated, challenged, and reinterpreted over the past 60 years.

A key focus has been the impact of eggs upon cardiovascular health due to their high cholesterol content.

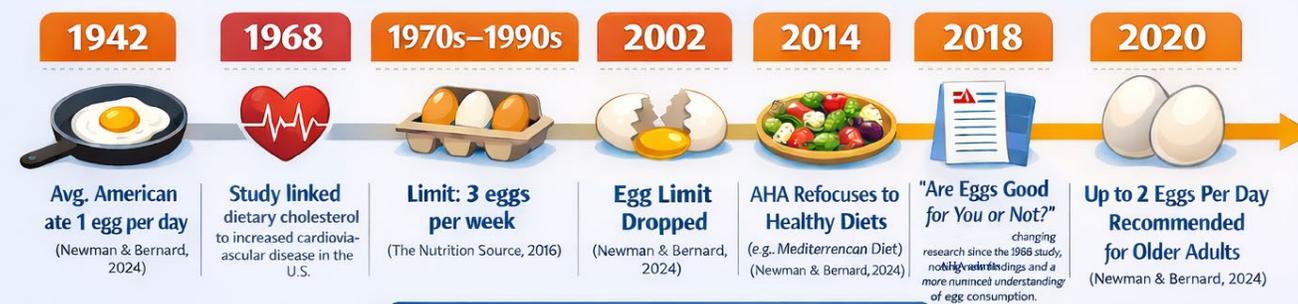
There is a research gap regarding studies that focus on the cholesterol ratio. Studies that focus on the cholesterol ratio only go up to 2 eggs a day or equivalent. This study intends to break this research gap, doing 3+ eggs a day or equivalent, categorized as “high-egg-consumption diets,” since there are populations, such as bodybuilders, who regularly eat more than 2 eggs a day. Additionally, there is limited data that supports the idea that high-egg-consumption diets may even be beneficial for the cholesterol ratio, improving heart health. This proposed study intends to break this gap and see if high-egg-consumption diets may have cholesterol ratio benefits.

Decadal Trend: U.S. Annual Per Capita Egg Consumption



Literature Review

The History of Egg Consumption & Heart Health



Current Scientific Understanding



- Newman, T., & Bernard, L. (2024). *Are eggs good for you or not? A look at the changing views on dietary cholesterol.*
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