

Eating Lots of Eggs May Not Necessarily Increase Diabetes Risk

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A recent study published in the American Journal of Clinical Nutrition seems to contradict the idea that one of our favorite breakfast foods should be blacklisted. Instead, findings show that men who eat a lot of eggs are less likely to develop type 2 diabetes, when researchers controlled for cholesterol and other factors, Medpage Today [reports](#).

For the study, a team of researchers in Finland followed the breakfast habits of nearly 2,400 men ages 42 to 60 from 1984 to 1989. After scientists followed up 20 years later, they found that 432 participants had developed type 2 diabetes, a disease that occurs when the body produces insufficient amounts of insulin, a hormone that helps to keep blood sugar levels stable.

In general, researchers found that men in the study who reported eating more than five eggs each week enjoyed a drastically lower risk of developing the disease compared with men who ate only about one egg each week.

What's more, men in the study who ate a lot of eggs also tended to have lower triglyceride levels, and were less likely to have ischemic heart disease or hypertension.

"I think this study is a good example that we can't very convincingly predict how a certain food is associated with the risk of disease based on a single nutrient, such as cholesterol in eggs," said lead author Jyrki Virtanen, PhD, an adjunct professor at the University of Eastern Finland.

In fact, so many scientists agree with the study's findings, that the 2015 dietary guidelines are expected to drop the limitation on egg consumption because of concerns they'll boost blood cholesterol levels. (Indeed, eggs provide high quality, lean protein and are a good source of several vitamins, minerals and fatty acids.)

Feeling hungry? Here are some [nutritious recipe ideas](#) that can help you avoid dangerous health problems such as obesity and diabetes.
