



In the past, eggs might have been beneficial in some cases to provide important nutrients. Also, for people living in places where egg alternatives are not available, eating eggs from fowls that are well fed, well cared for and healthy, might still be beneficial.

That being said, **let's consider the following facts that are relevant to most people today.**

Things are changing quickly, and not only today, **most eggs come from unhealthy chickens, but the chickens are becoming sicker and sicker** and are raised in terrible conditions.

If we would want to take advantage of the benefits of the egg, we might encounter health risks. The American Egg Board (which usually promotes the consumption of eggs) own research showed that raw or even the sunny-side-up cooking method should be considered "unsafe" because of the **Salmonella risk**. Other studies have discovered that even most cooking methods including boiled, omelet or scrambled also have a risk of salmonella.

Right after chicken consumption, egg consumption is the 2nd leading cause of salmonella poisoning in the world. The FDA estimates that 142000 illnesses each year are caused by consuming eggs contaminated with salmonella.

As a consequence, egg companies can't even refer to eggs as "safe".

Though eggs are rich in protein and contain vitamins and minerals, they should not be relied upon to help you lose weight. As we saw earlier, plant-based foods contain better sources of protein, vitamins, and minerals than eggs. Eggs are also packed with calories and fat, which can lead to excess weight gain. Eggs have been shown to make you feel full for a short amount of time, but afterward will leave you feeling hungry quickly and craving more unhealthy choices - completely counteracting any potential benefits eggs can offer for those trying to slim down.

Also, the consumption of eggs has long been debated for its health implications, especially in regard to their cholesterol content. There is a growing concern among experts about the health issues associated with their high levels of bad cholesterol – also known as LDL cholesterol. Such health problems include an increased risk of cardiovascular diseases, heart failure, and other health conditions related to cholesterol buildup in the arteries. As such, physicians strongly caution people against over-consuming eggs, as it can increase potential health risks.

PLEASE NOTE: If you decide to remove eggs from your diet and see that you are becoming weak, you need to place them back in your diet (eggs from healthy fowls) until you get back your strength and find one or several plant-based alternatives providing the same or better nutrients as the eggs, such as legumes, nuts, and leafy greens; and transitioning little by little to plant-based foods. Always make sure to consume eggs with great moderation to avoid the health issues previously mentioned.