

New evidence linking eggs, cholesterol to cardiovascular death

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Two boiled and one fried egg. Credit: Merry Christmas, from Pixabay, CC0

A person's intake of whole eggs and cholesterol was positively associated with their risk of death, while intake of egg whites or egg substitutes was negatively associated with death in a new study published this week in

PLOS Medicine by Yu Zhang of Zhejiang University College of Biosystems Engineering and Food Science, Jingjing Jiao of Zhejiang University School of Medicine, China, and colleagues.

Whether consumption of egg and cholesterol is detrimental to cardiovascular health and longevity is highly debated, and data from large-scale cohort studies are scarce. In the new study, researchers used [data](#) on 521,120 participants from the NIH-AARP Diet and Health Study. Participants were aged 50-71 years old, 41.2% women, 91.8% non-Hispanic white, and were recruited from 6 states and 2 cities in the US between 1995 and 1996.

During a mean follow-up of 16 years, 129,328 deaths occurred in the cohort. Whole egg consumption, as reported in a food questionnaire, was significantly associated with higher all-cause mortality after adjusting for demographic characteristics and dietary factors (P

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