

Are Whole Eggs or Egg Whites Better for You?

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I was on a weekend trip with some friends recently and one of my friends was cooking breakfast for the whole group. I went over to see what he was cooking and saw he was getting ready to make a big batch of eggs.

Well, to my shock and horror, I noticed that he was cracking the eggs open and screening the egg whites into a bowl and throwing out the egg yolks. I asked him why the heck he was throwing out the egg yolks, and he replied something like this...

"because I thought the egg yolks were terrible for you...that's where all the nasty fat and cholesterol is".

And I replied, "you mean that's where all of the **nutrition** is!"

This is a perfect example of how confused most people are about nutrition. In a world full of misinformation about nutrition, somehow most people now mistakenly think that the egg yolk is the worst part of the egg, when in fact, the **YOLK IS THE HEALTHIEST PART OF THE EGG!**

By throwing out the yolk and only eating egg whites, you're essentially throwing out the most nutrient dense, antioxidant-rich, vitamin and mineral loaded portion of the egg. The yolks contain so many B-vitamins, trace minerals, vitamin A, folate, choline, lutein, and other powerful nutrients... it's not even worth trying to list them all.

In fact, the egg whites are almost devoid of nutrition compared to the yolks.

Even the protein in egg whites isn't as powerful without the yolks to balance out the amino acid profile and make the protein more bio-available. Not to even mention that the egg yolks from free range chickens are loaded with healthy omega-3 fatty acids.

Yolks contain more than 90% of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, and B12, and panthothenic acid of the egg. In addition, the yolks contain ALL of the fat soluble vitamins A, D, E, and K in the egg, as well as ALL of the essential fatty acids (EFAs).

And now the common objection I get all the time when I say that the yolks are the most nutritious part of the egg...

"But I heard that whole eggs will skyrocket my cholesterol through the roof"

No, this is FALSE!

First of all, when you eat a food that contains a high amount of dietary cholesterol such as eggs, your body down-regulates it's internal production of cholesterol to balance things out.

On the other hand, if you don't eat enough cholesterol, your body simply produces more since cholesterol has dozens of important vital functions in the body.

And here's where it gets even more interesting...

There have been plenty of studies lately that indicate that eating whole eggs actually raises your **good** HDL cholesterol to a higher degree than LDL cholesterol, thereby improving your overall cholesterol ratio and blood chemistry.

And 3rd... high cholesterol is NOT a disease! Heart disease is a disease...but high cholesterol is NOT. Cholesterol is actually a VERY

important substance in your body and has vitally important functions... it is DEAD WRONG to try to "lower your cholesterol" just because of pharmaceutical companies propaganda that everyone on the planet should be on statin drugs.

If you're interested in this topic, you can read the following article about why trying to attack cholesterol is a mistake, and what the REAL deadly risk factors actually are... [Cholesterol Myths](#)

In addition, the yolks contain the antioxidant lutein as well as other [antioxidants](#) which can help protect you from inflammation within your body (the REAL culprit in heart disease, not dietary cholesterol!), giving yet another reason why the yolks are actually GOOD for you, and not detrimental.

To help bring even more proof that whole eggs are better for you than egg whites, I recently read a *University of Connecticut* study that showed that a group of men in the study that ate 3 eggs per day for 12 weeks while on a reduced carb, higher fat diet increased their HDL good cholesterol by 20%, while their LDL bad cholesterol stayed the same during the study. However, the group that ate egg substitutes (egg whites) saw no change in either and did not see the improvement in good cholesterol (remember that higher HDL levels are associated with lower risk of heart disease) that the whole egg eaters did.

So I hope we've established that whole eggs are not some evil food that will wreck your body... instead **whole eggs are FAR superior to egg whites.**

But what about the extra calories in the yolks?

This is actually a non-issue and here's why... even though egg yolks contain more calories than just eating the egg whites, the yolks have such a high micro-nutrient density in those calories, that it increases your overall nutrient density per calorie you consume. Essentially, what this does is help to regulate your appetite for the remainder of the day, so you end up eating less calories overall. In addition, the healthy fats in the egg yolks help to maintain a good level of fat-burning hormones in your body.

Overall, this means that the extra fats (healthy fats) and calories from the yolk are so nutrient-dense that they actually HELP you to burn off body fat!

Also, your normal supermarket eggs coming from mass factory farming just don't compare nutritionally with organic free range eggs from healthy chickens that are allowed to roam freely and eat a more natural diet. Your typical cheap grocery store eggs will have lower nutrient levels and a higher omega-6 level and lower omega-3 level. On the other hand, the cage-free organic eggs from healthier chickens allowed to eat more natural feed and roam freely will have much higher vitamin and mineral levels and a more balanced healthier omega-3 to omega-6 fatty acid ratio.

I recently compared eggs I bought at the grocery store with a batch of eggs I got at a farm stand where the chickens were free roaming and healthy.

Most people don't realize that there's a major difference because they've never bought real eggs from healthy chickens... The eggs from the grocery store had pale yellow yolks and thin weak shells. On the other hand, the healthier free range eggs from the local farm had strong thick shells and deep orange colored yolks indicating much higher nutrition levels and carotenoids... and just a healthier egg in general.

This is due to the fact that a free-roaming hen allowed to roam on plenty of land will eat a variety of greens, insects, worms, etc transferring MUCH higher levels of nutrients to the eggs compared to an unhealthy hen that is trapped inside a dark factory farm hen house in horrible conditions and fed nothing but piles of corn and soy. It's a **DRASTIC difference** in the nutrition that you get from the egg.

So next time a health or fitness professional tells you that egg whites are superior (because of their "fat-phobic" mentality towards dietary fats), you can quietly ignore their advice knowing that you now understand the REAL deal about egg yolks.

And can we all please STOP with this silliness about eating an omelete with 4-5 egg whites and only 1 egg yolk... If you want real taste and real health benefits, we'd all be better off eating ALL of our eggs with the yolks.

After all, do you REALLY think that our ancestors thousands of years ago threw out the yolks and only ate the egg whites? NOT A CHANCE! They intuitively knew that all of the nutrition was found in the yolks. But our modern society has been brainwashed with misinformation about fats and cholesterol.

Another interesting study about eggs...

I read a study recently that compared groups of people that ate egg breakfasts vs groups of people that ate cereal or bagel-based breakfasts. The results of the study showed that the egg eaters lost or maintained a healthier bodyweight, while the cereal/bagel eaters gained weight.

It was hypothesized that the egg eaters actually ate less calories during the remainder of the day because their appetite was more satisfied compared to the cereal/bagel eaters who would have been more prone to wild blood sugar swings and food cravings.

Oh, one last thing I almost forgot... I personally eat 4 whole eggs almost every day with breakfast, and I maintain single-digit bodyfat most of the year.

Enjoy your eggs and get a leaner body!