

Whole Eggs vs. Egg Whites

Which Are Better?



THE “OTHER” GREAT EGG DEBATE

If you’ve ever Googled “how to make an egg-white omelet not taste like a rubbery napkin,” you’ve seen the elaborate tricks:

- whisking rituals,
- secret ingredients,
- complicated steps.

And honestly? Who has time for that at 7 a.m.?

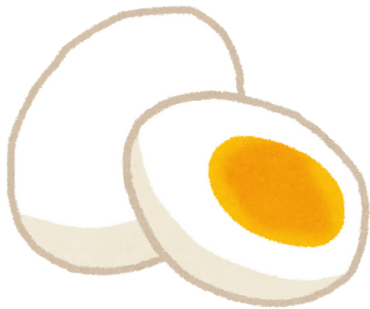
Here’s the truth: there’s no reason to eat sad, yolkless eggs.

The whole egg—including that glorious golden yolk—is one of the most nutrient-packed foods on the planet. Nature literally designed it as a complete survival kit for a baby chick, which also happens to make it a nutritional jackpot for humans.

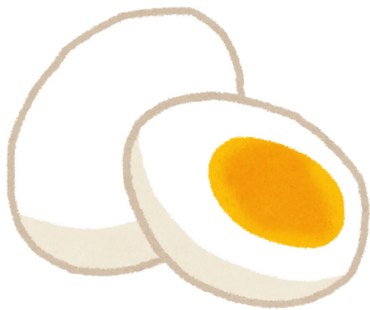
MYTH CHECK: DO EGG YOLKS CAUSE HEART DISEASE?

For decades, yolks got a bad rap thanks to old studies linking cholesterol in food with cholesterol in your blood.

But newer, higher-quality research has flipped that script:



- Whole eggs raise HDL (“good” cholesterol) and make LDL particles larger and less harmful.



- In studies where people ate a dozen eggs a week, total cholesterol actually went down.



- Even folks over 50 with risk factors for heart disease saw improvements in markers like LDL particle number and Apo B.

Bottom line: yolks don’t wreck your heart...they may actually protect it!

YOLKS BEAT WHITES FOR TOTAL BODY HEALTH

Egg whites bring the protein (about 4g per egg), but yolks?

They're the multivitamin of the egg world.

Packed with:

**Vitamins A, D, E, K + B6,
B12, and folate**



**Choline (brain +
nervous system
superhero)**



**Antioxidants like
lutein + zeaxanthin
(hello, eye health)**



Skip the yolks and you're missing the good stuff.

WHEN TO SKIP EGGS

Whole eggs can be a health-promoting dietary option for most people. **However, some people shouldn't eat them.**



If a health care professional has recommended a very low-fat diet for medical reasons, such as gallbladder issues or pancreatitis, you might rightly decide to avoid yolks.



Just as importantly, eggs are a common food sensitivity/allergy for some people, particularly the whites, which contain proteins like albumin that can trigger immune responses.

If you suspect eggs might be causing issues like bloating, skin problems, or fatigue, you could try eliminating them for a few weeks and then reintroducing them to see how your body reacts

HOW TO GET THE MOST FROM YOUR EGGS



1. Buy quality. Pasture-raised, organic = richer nutrients (and deeper orange yolks).



2. Store smart. Refrigerate pre-washed store-bought eggs; wash farm-fresh ones before eating.



3. Don't overcook. Soft or runny yolks retain more nutrients. If you're at higher risk (pregnant, immunocompromised, feeding young kids), cook thoroughly.



A Good Rule to Follow: Stop stressing about cholesterol myths, because that's what it is, a MYTH!

Eat the yolks, enjoy the flavor, and know you're fueling your body with one of the most nutrient-dense foods nature ever made.

I'M HERE TO HELP

Meet Brenda

Fxciting news! The first week of October I'm launching my brand-new course, *The Lazy Girl's Guide to Gluten-Free Magic*.

Here's the difference: this isn't just another gluten-free program full of complicated recipes and overwhelm. Nope. This course was designed to answer the exact questions you have when you're first getting started—the ones most programs skip.

Ready to take the first step toward feeling better? Let's chat!

I still offer 1:1 coaching for those who want a deeper level of guidance, but starting July 8th, my new group coaching membership is launching at a significantly reduced price—making support more accessible while still offering expert coaching, community, and accountability.

Message me on Facebook, Instagram, or send me a text and we'll schedule your FREE 15-minute consultation to map out your next steps toward healing—without the overwhelm



This is what I do— I help people take control of their health by learning to eat real, nourishing foods that supports healing from chronic conditions and frustrating symptoms.

In my program, you'll discover how to still enjoy the foods you love—just in a way that fuels your body, not fights it. You'll get recipes, product swaps, personalized recommendations, and one-on-one guidance to make it all doable.

Ready to learn more? Reach out by email or phone—I'd love to help you get started on your healing journey.