

有「營」真相 — 雞蛋篇

由於一隻雞蛋已經含 207 毫克的膽固醇，所以很多人擔心雞蛋有損健康，對吃雞蛋與健康的關係有不同看法，例如：「雞蛋含膽固醇，不宜多吃」、「只吃蛋白，不吃蛋黃，便會較健康」、「每週不應該吃超過 2 至 3 隻雞蛋」。在 2015 年發布的「2015-2020 美國膳食指南」已刪除每天不應攝取多於 300 毫克膽固醇的限制。那麼，我們應否限量進食高膽固醇的食物呢？

「2015-2020 美國膳食指南」剔除每天不應攝取多於 300 毫克膽固醇限制，是因為現時未有足夠的證據就膽固醇的攝取限量作出建議。但實際上，該膳食指南仍引用了美國國家醫學研究院的建議，指膽固醇攝取量應越少越好。某些高膽固醇食物（如豬腩肉、肥牛肉、煙肉、忌廉）同時含有高飽和脂肪，會令血液中的壞膽固醇（即「低密度脂蛋白膽固醇」）水平上升，增加患上心血管疾病的風險。

雞蛋是健康的食物嗎？要解答這問題，便要先了解雞蛋的營養成分。

雞蛋的營養成分

雞蛋雖然屬高膽固醇食物，但只含 10% 脂肪；雞蛋白含豐富蛋白質，雞蛋黃則含不飽和脂肪、維生素 B 雜及鐵質。這些營養素的主要功用如下：

- 蛋白質有助生長、修補細胞及滿足新陳代謝的需要；
- 不飽和脂肪有助降低壞膽固醇的水平；
- 維生素 B 雜有助碳水化合物、蛋白質和脂肪的新陳代謝，使身體從食物中獲得能量；及
- 鐵質有助製造紅血球，預防貧血。

1 隻重約 50 克的大雞蛋的營養成分如下：

熱量	74 千卡
蛋白質	6.2 克
總脂肪	5.0 克
飽和脂肪	1.6 克
單元不飽和脂肪	1.8 克
多元不飽和脂肪	0.9 克
膽固醇	207 毫克
鐵質	0.8 毫克

資料來源：美國農業部轄下的營養素資料實驗室

我可以每天吃雞蛋嗎？

就健康的人士而言，他們無需戒吃高膽固醇但脂肪含量較低的食物，例如雞蛋、魷魚、蝦和蟹，但應適量食用（見下表），以符合食物選擇多元化的健康飲食原則。計算攝取量的時候，應將此類食物視作「肉、魚、蛋及代替品」。至於高血脂人士，則應諮詢營養師或醫生的意見。

每天進食肉、魚、蛋及代替品的建議分量：

兒童（6-11 歲）	3-5 兩
青少年（12-17 歲）	4-6 兩
成人（18 歲或以上）	5-8 兩

1 兩 = 1 個乒乓球大小的肉類（未煮熟）

1 隻大雞蛋（約 50 克）

2021 年更新

The Truth about Eggs

As one single egg contains 207mg of cholesterol, many people are worried about the adverse health impacts of eggs. There are different views on the relationship between eating eggs and health. Some common examples are: “Eggs have cholesterol and should not be eaten so often”, “It’s better to eat the egg white but not the yolk” and “We shouldn’t eat more than 2 to 3 eggs per week”. The “Dietary Guidelines for Americans 2015-2020” published in 2015 no longer includes the recommendation of limiting dietary cholesterol to 300mg per day. So, should we still limit the consumption of high-cholesterol foods?

The “Dietary Guidelines for Americans 2015-2020” has excluded the recommendation of limiting dietary cholesterol to 300mg per day owing to a lack of existing evidence. In fact, the Dietary Guidelines has made reference to the Institute of Medicine’s recommendation that people should eat as little dietary cholesterol as possible. Some high-cholesterol foods, such as pork belly, fatty beef, bacon and cream, are also high in saturated fat, which raises the level of bad cholesterol (low density lipoprotein cholesterol) in the blood and increases the risk of cardiovascular diseases.

Are eggs a healthy food choice? To answer this question, it is necessary to learn about the nutrients of eggs.

Nutrients of Eggs

While eggs are high in cholesterol, they only contain 10% of fat; egg white is a rich source of protein, whereas the yolk contains unsaturated fat, vitamin B complex and iron. The major functions of these nutrients are as follows:

- Protein helps with body growth, repairs cells, and serves as a key component for metabolism;
- Unsaturated fat helps lower the level of bad cholesterol (low density lipoprotein cholesterol);
- Vitamin B complex helps metabolise carbohydrates, protein and fat, thus enabling food to be converted into energy for the body; and
- Iron helps with the production of red blood cells and prevents anaemia.

Nutrients of a Large-sized Egg (which weighs about 50g):

Energy	74kcal
Protein	6.2g
Total Fat	5.0g
Saturated Fat	1.6g
Monounsaturated Fat	1.8g
Polyunsaturated Fat	0.9g
Cholesterol	207mg
Iron	0.8mg

Source: National Nutrient Database of the United States Department of Agriculture

Can I eat eggs every day?

For healthy individuals, they do not need to avoid eating high-cholesterol foods that have a lower fat content, such as eggs, squid, shrimp and crab. However, these foods should be consumed in moderation (see the table below) in order to stay in line with the healthy eating principle of choosing a wide variety of foods. While calculating the intake, these foods should be classified as “Meat, Fish, Egg and Alternatives”. For individuals with hyperlipidaemia, they should seek advice from a dietitian or a doctor.

Recommended Daily Intake of Meat, Fish, Egg and Alternatives:

Children (6-11 years old)	3-5 taels
Adolescents (12-17 years old)	4-6 taels
Adults (18 years old and above)	5-8 taels

1 tael = meat in the size of a table tennis ball (uncooked)

1 large-sized egg (about 50g)

Revised in 2021