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EGGS! The Incredible *Inedible* Egg (Incredibly Cruel on Every Level)

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What's Wrong with Eggs?



By **Susan Levin, MS, RD**

A common question I hear as a dietitian (second only to “Where do you get your protein?” of course) is “What’s wrong with eggs?”

Where to begin? Let’s start with the obvious egg facts. Eggs have **zero dietary fiber**, and about **70 percent of their calories are from fat**—a big portion of which is **saturated**. They are also loaded with **cholesterol**—about **213 milligrams for an average-sized egg**.

For reference, people with diabetes, cardiovascular disease, or high cholesterol should consume fewer than 200 milligrams of cholesterol each day. (Uh oh.) And, humans have no biological need to consume any cholesterol at all; we make more than enough in our own bodies.

Why so much fat and cholesterol in such a tiny package? Think about it: eggs hold every piece of the puzzle needed to produce a new life. Within that shell lies the capacity to make feathers, eyes, a beak, a brain, a heart, and so on. It takes a lot of stuff to make such a complex being.

In addition to these excessive (for humans) natural components of an egg, other human-health hazards exist. Because eggshells are fragile and porous, and conditions on egg farms are crowded, eggs are the perfect host for salmonella—the leading cause of food poisoning in the U.S.

Those are some facts and figures. But how do eggs affect real people in real life? Luckily, researchers have conducted good studies to help answer that question.

Cancer

In a 1992 analysis of dietary habits, people who consumed just 1.5 eggs per week had nearly five times the risk for colon cancer, compared with those who consumed hardly any (fewer than 11 per year), according to the International Journal of Cancer. The World Health Organization analyzed data from 34 countries in 2003 and found that eating eggs is associated with death from colon and rectal cancers. And a 2011 study funded by the National Institutes of Health showed that eating eggs is linked to developing prostate cancer. By consuming 2.5 eggs per week, men increased their risk for a deadly form of prostate cancer by 81 percent, compared with men who consumed less than half an egg per week. Finally, even moderate egg consumption tripled the risk of developing bladder cancer, according to a 2005 study published in International Urology and Nephrology.

Diabetes

A review of fourteen studies published earlier this year in the journal *Atherosclerosis* showed that people who consumed the most eggs increased their risk for diabetes by 68 percent, compared with those who ate the fewest.

In a 2008 publication for the Physicians' Health Study I, which included more than 21,000 participants, researchers found that those who consumed seven or more eggs per week had an almost 25 percent increased risk of death compared to those with the lowest egg consumption. The risk of death for participants with diabetes who ate seven or more eggs per week was twice as high as for those who consumed the least amount of eggs.

Egg consumption also increases the risk of gestational diabetes, according to two 2011 studies referenced in the American Journal of Epidemiology. Women who consumed the most eggs had a 77 percent increased risk of diabetes in one study and a 165 percent increased risk in the other, compared with those who consumed the least.

Heart Disease

Researchers published a blanket warning in the Canadian Journal of Cardiology, informing readers that ceasing egg consumption after a heart attack would be “a necessary act, but late.” In the previously mentioned 14-study review, researchers found that people who consumed the most eggs increased their risk for cardiovascular disease by 19 percent, and if those people already had diabetes, the risk for developing heart disease jumped to 83 percent with increased egg consumption.

New research published this year has shown that a byproduct of choline, a component that is particularly high in eggs, increases one's risk for a heart attack, stroke, and death.

Animal Protein

Inevitably, this discussion also leads to another question: “Even egg whites?” Yes, even egg whites are trouble. The reason most people purport to eat egg whites is also the reason they should be wary — egg whites are a very concentrated source of animal protein (remember, the raw material for all those yet-to-be-developed body parts?). Because most Westerners get far more protein than they need, adding a concentrated source of it to

the diet can increase the risk for kidney disease, kidney stones, and some types of cancer.

By avoiding eggs and consuming more plant-based foods, you will not only decrease your intake of cholesterol, saturated fat, and animal protein, but also increase your intake of protective fiber, antioxidants, and phytochemicals. Be smart! Skip the eggs and enjoy better health!

Source: Forks Over Knives

About the Author - Susan Levin, MS, RD, is director of nutrition education at the Physicians Committee for Responsible Medicine (PCRM), a Washington, D.C.-based nonprofit organization dedicated to promoting preventive medicine. Ms. Levin researches and writes about the connection between plant-based diets and a reduced risk of chronic diseases, including cancer, diabetes, and heart disease.



Dr. Carney agrees with Susan Levin:



What's Wrong with Eggs?

by **Linda Carney, MD**

Scrambled, fried, hard boiled, or poached - there seems to be a way to prepare eggs to satisfy even the pickiest of eaters. I'm sure many of you have fond memories of eating bacon and eggs for breakfast with your families on weekend mornings. Eggs are a comfort food. When asked what is wrong with eggs I sometimes flippantly reply "besides the yolk, the whites and the shell?" But, seriously, let's delve a little deeper...

Eggs have always been advertised as being an excellent source of protein, vitamins and other nutrients which are essential for good health. Eggs do supply protein, and several vitamins and minerals, but let's consider some of the other components of the egg. Contrary to what we may have read or heard on the news, consuming eggs can contribute to developing risk factors for serious health problems.

The first concern regarding eggs is its high cholesterol content - eggs contain the highest concentrated source of cholesterol. But, that is not the end of the story.

Susan Levin, MS, R.D, from the Physicians Committee for Responsible Medicine (PCRM) addresses these issues in a very interesting article full of scientific references which she wrote for *Forks Over Knives*. In fact, her article was the inspiration for this blog.

Some of the points that Susan brings out include:

- One egg contains more cholesterol than people with many diseases should eat in a day
- Human beings make enough cholesterol and have no need to eat dietary cholesterol
- Eggs are a common source of food poisoning due to the porous nature of their shells
- Numerous studies show that eggs contribute to Cancer, Diabetes and Heart Disease
- Even egg whites are problematic due to being concentrated sources of animal protein

Plant-based foods which offers the same nutritive value of eggs, without any of the negative effects, include **lentils, chia seeds, quinoa, nutritional yeast, sunflower seeds, flax seeds, almonds, walnuts, cashews and beans**. But, don't stop there. **A diet of simple, whole, unprocessed plant-based foods provides all your nutritive needs.**

I agree with Susan: **Be smart! Skip the eggs and enjoy better health!**

Source: drcarney.com



What's Wrong with Eggs?

The Truth About the Egg Industry



by **Erin Janus**

The egg industry has done an impeccable job keeping us in the dark. Most people have no idea what hens (and male chicks) go through for egg production today. So, I have put together [the most comprehensive video](#) and article possible, exposing the truth about eggs and the egg industry.

[See Erin Janus video HERE.](#)



Killed at 7 weeks

CHOOSE LIFE: **GO VEGAN**

PETA

What's So Bad About Eating Eggs?

Chickens don't need to be killed for their eggs, right?

While both male and female chickens can be raised for meat, only females can produce eggs, so about **346 million male chicks per year are disposed of by being shoved into plastic bags and left to suffocate.**

They cannot be raised profitably as “broilers” or “fryers” because they have not been engineered to produce a lot of muscle.

Conditions at egg factory farms are atrocious. Cage floors are of wire mesh so waste falls from the upper tiers onto the chickens below. **A single cage, roughly 16 by 18 inches, holds five to six hens, each with a wingspan of 32 inches.**

Hens bred to be super layers experience so much stress that their accelerated laying span lasts only a year and a half—two years at most—compared with the 15 to 20 years that hens produce eggs under natural conditions. Hens today lay about twice as many eggs per year as hens laid several decades ago, before factory farming, and their tired bodies pay the price.

Source: *People for the Ethical Treatment of Animals*

21 Things the Egg Industry Doesn't Want You to See



Chickens are smart, social, sensitive animals who deserve a much better life than what is shown in [this video](#).

How many of these 21 things did you know?





What's Wrong with Backyard Eggs?

With the growing popularity of urban farming, more and more people are becoming interested in starting their own backyard flocks, believing that, by raising their own—or adopting—chickens and ensuring the highest welfare standards, they can eliminate the suffering inherent in egg production.



The sad reality is that, no matter how well treated laying hens may be in their foreshortened lives, they remain the product of enormous and intentional cruelty that is inflicted only because people want to consume eggs.

This hidden cruelty involves the misery of the captive parents who are bred raw before being killed as young adults; it involves the mass murder of the hens' "unprofitable" siblings (the male chicks and the "defective" female chicks); it involves the crippling disabilities that are genetically induced in the name of egg overproduction; it involves a short life in a socially and biologically reduced environment; it involves an untimely, and horrifying death.



To consume eggs, even from rescued chickens, is to legitimize and perpetuate this suffering.

If you have been led to believe that backyard egg production is a humane alternative, or that consuming eggs from rescued hens can be ethical, please ask yourself:

1. Where do the hens come from?
2. Where are their brothers?
3. Where are their parents?
4. What happens to the hens' bodies as a result of being genetically manipulated to produce an unnaturally large number of unnaturally large eggs?
5. What happens to the hens when they stop laying eggs at a profitable rate?
6. Why are the hens here in the first place, severed from their natural world and denied a natural life?
7. Why do we think of chickens, and other animals, as food or sources of food?

Source: Peaceful Prairie Sanctuary – A Safe Haven for Rescued Farm Animals



Rotten: Why Vegans Don't Eat Eggs

by Vegan Rabbit



More than **two hundred million chicks** like these will die each year in the United States alone because of the egg industry and because of the people who buy their products and perpetuate this cruel cycle.

When you eat an egg, you are supporting the murder of hundreds of millions of male chicks every year (200,000,000 – two-hundred million in the United States *alone*). They are killed by

the hundreds of thousands every day by being thrown in a dumpster and left to die, tossed in garbage bags and suffocated, or more commonly, by being ground up alive in meat grinders... [*Baby boy chicks are killed when they are only a day old.*]



Every time you buy a carton of eggs, whether they are conventional, organic, free-range, cage-free, certified humanely raised, etc., you are in effect paying for the murder of *hundreds of millions* of baby animals.

“Certified Organic”, “Free-range”, “Cage-free”, “Hormone-free”, “All Natural”, “Humanely Raised and Handled” — The level of cruelty may fluctuate slightly between them, but to the hens, **cruel is always cruel**.

[Read Here](#)

Actions speak louder than words. Do something about it. LIVE VEGAN

- [Go egg-free](#) – List of Vegan Egg Substitute Products
- [Go meat-free](#) – List of Vegan Meat Substitute Products

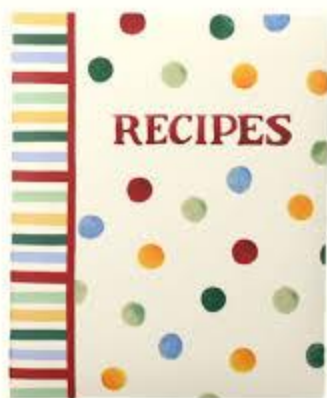
Source: *Vegan Rabbit*

Ground Flaxseed	Ground Chia Seed	Applesauce	Ripe Avocado	Ripe Banana	Coconut or Soy Yogurt
 1 Tbsp ground flaxseed + 3 Tbsp water = 1 egg	 1 Tbsp ground chia seed + 3 Tbsp water = 1 egg	 1/4 cup unsweetened applesauce = 1 egg	 1/2 mashed avocado = 1 egg	 1/2 mashed banana = 1 egg	 1/4 cup coconut or soy yogurt* = 1 egg *Can also use 1/4 cup silken tofu (blend until smooth before use)
NOTE: mix seeds and water and let sit for 10-15 minutes	NOTE: mix seeds and water and let sit for 10-15 minutes				

Read about The Vegg! The Vegg is 100% plant-based egg company. Using only natural ingredients, we have created products that simulates the taste, texture and function of egg for use in your favorite dishes, all for about the same cost as real eggs!

References:

- <https://www.forksoverknives.com/whats-wrong-with-eggs/>
- <https://www.youtube.com/watch?v=utPkDP3T7R4>
- <https://www.drcarney.com/blog/entry/what-s-wrong-with-eggs>
- <https://www.peta.org/about-peta/faq/whats-so-bad-about-eating-eggs/>
- <http://peacefulprairie.org/backyard-eggs.html>
- <http://www.chooseveg.com/whats-wrong-with-dairy-and-eggs>
- http://www.upc-online.org/diet/truth_about_eggs/
- [http://www.upc-online.org/backyard/160311 backyard chickens have a downside.html](http://www.upc-online.org/backyard/160311_backyard_chickens_have_a_downside.html)
- <https://freefromharm.org/eggfacts/>
- <https://veganrabbit.com/the-issues/rotten-why-eggs-are-bad/>
- <https://www.livekindly.co/what-is-wrong-with-free-range-eggs/>



EVER's Recommended Recipes page for links to 10,000+ healthy, simple, affordable, quick, delicious, and COMPASSIONATE recipes. **Go Vegan!** It's easier than you think and more important than you know.

Eugene Veg Education Network

---EVER - serving as a vegan resource since 2005---

www.eugeneveg.org

Check Out **EVER's News Blog** for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVER)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVER's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual.

EVER's **Mission Statement** is **to inform, educate & encourage our members**--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. **www.eugeneveg.org** **Peace.**

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