

What happens to your body when eating 2 eggs a day?

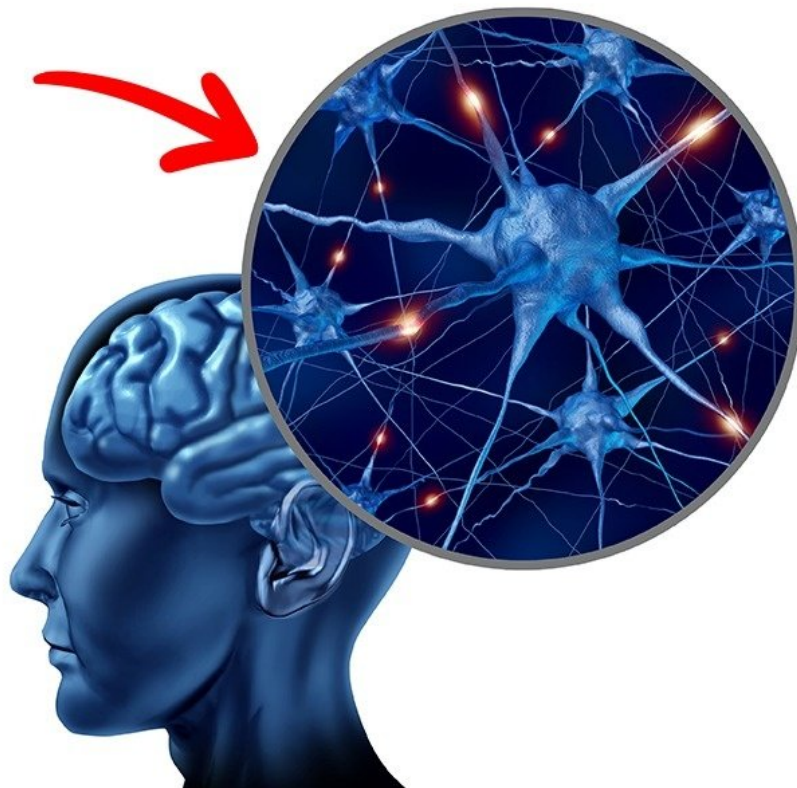
Do you know what happens to your body when eating 2 eggs a day? Let us find out through the article below!

1. What will happen to our body if the Sun suddenly disappears?
2. What happens when you drink coconut water continuously for a week?
3. What happens to the body if you drink beer regularly?

Everyone probably knows that eggs are a healthy food because eggs contain many proteins, amino acids and antioxidants. An egg has 186mg of cholesterol, which is about 62% of the daily requirement for the body.

Good eggs are so, but if you eat 2 eggs a day, what will your body do? Scientific studies have demonstrated that **eating 2 eggs a day not only provides essential nutrients but also works against many diseases such as cancer and cardiovascular disease.** Join us to find answers through the following article!

1. The brain is protected

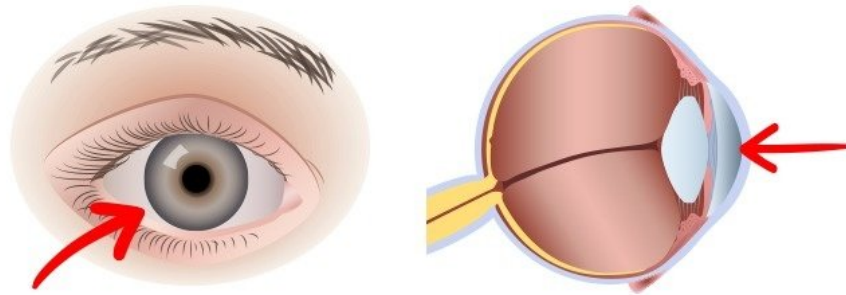


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In the egg contains double lipid phospholipids that function to ensure communication connection of brain cells, including choline. This special substance is proven to be **the most important material of the brain** , the material that makes up the cell membrane.

If you eat 2 eggs a day, your body gets enough of this nutrient because each egg contains 251mg of choline. **The lack of choline can impair memory** .

2. Enhance vision

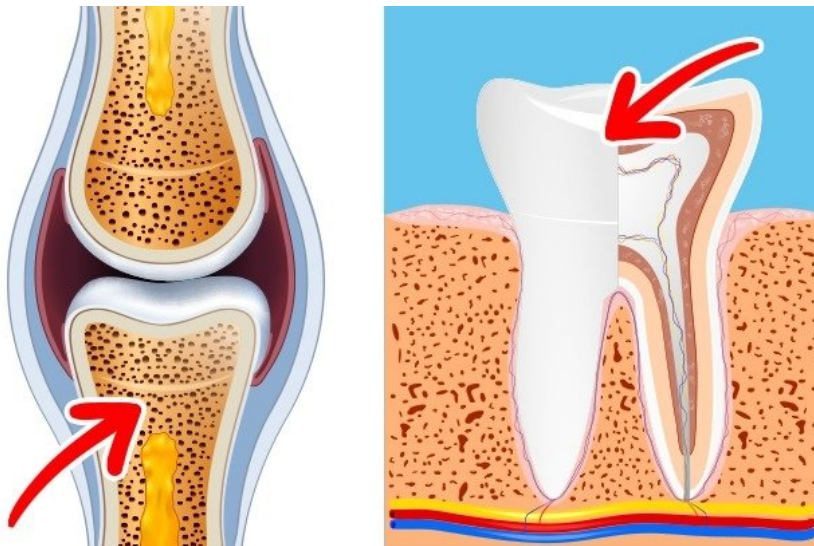


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Recent research by Dr. Elizabeth J. Johnson has shown that, in **lutein** -rich eggs - substances that enhance vision.

Lutein in egg yolk helps reduce the risk of macular degeneration and cataracts. Lack of this substance can lead to injuries that will accumulate **permanent effects on vision** .

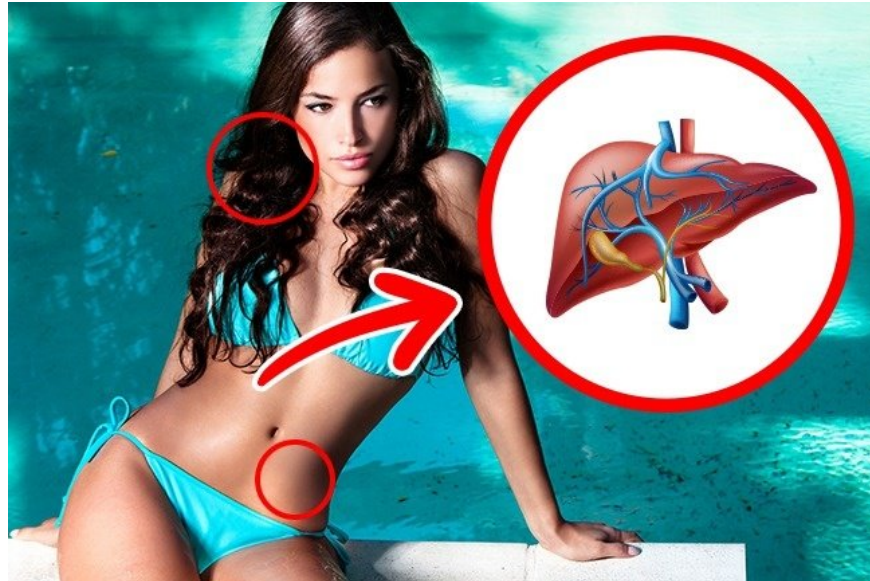
3. Vitamin D helps absorb calcium for strong bones



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If you choose between drinking 1 tablespoon of fish oil or eating a boiled egg, many people will choose the second option. Especially when they found that **vitamin D levels in both cases were similar** . Furthermore, scientists have found ways to increase vitamin D levels in eggs by feeding chickens with special supplements. **Vitamin D** helps calcium absorb, strengthen your bones and teeth better.

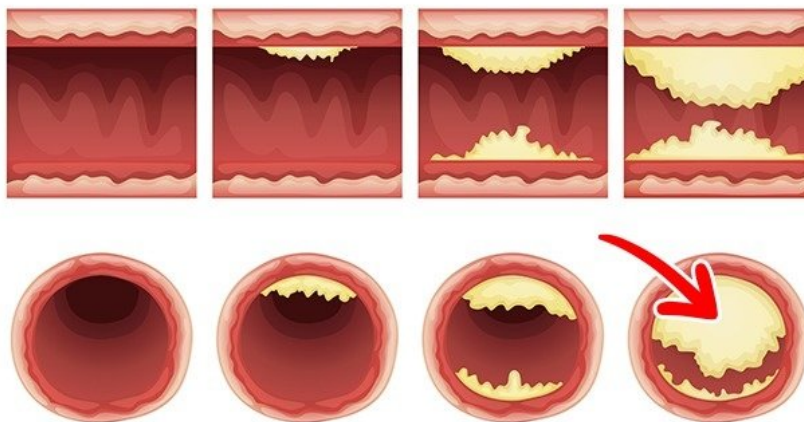
4. Contains a variety of vitamins that benefit skin, hair and liver



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In eggs are high in biotin and vitamin B12 - extremely essential for skin, hair and liver as well as improve nerve function. **Phospholipids** in chicken eggs promote the elimination of toxins from the liver.

5. Reduce the risk of cardiovascular disease



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Although studies published in the *American Journal of Clinical Nutrition* have shown that **cholesterol** from eggs helps to balance phosphatide; therefore it is not harmful to our health.

Phosphatide is an essential component of the cell, most concentrated in nerve and brain, heart, liver, gonads.

The study also points out that eating eggs helps **inhibit the production of bad cholesterol for the body** . Besides, eggs also contain **omega 3 acids** , which help reduce triglyceride levels (*bad cholesterol*), thereby reducing the risk of cardiovascular diseases.

6. Lose weight effectively



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American scientists have shown that **eggs are an effective assistant in weight loss** . Specifically, if you combine a diet with eating eggs for breakfast, it will help you lose weight twice as fast. Eating such breakfast for a long time will help you reduce the amount of food consumed in a day. Moreover, eating morning eggs helps you increase your feeling of fullness and reduce cravings throughout the day.

See also: What happens to the body when drinking lemon juice every day?

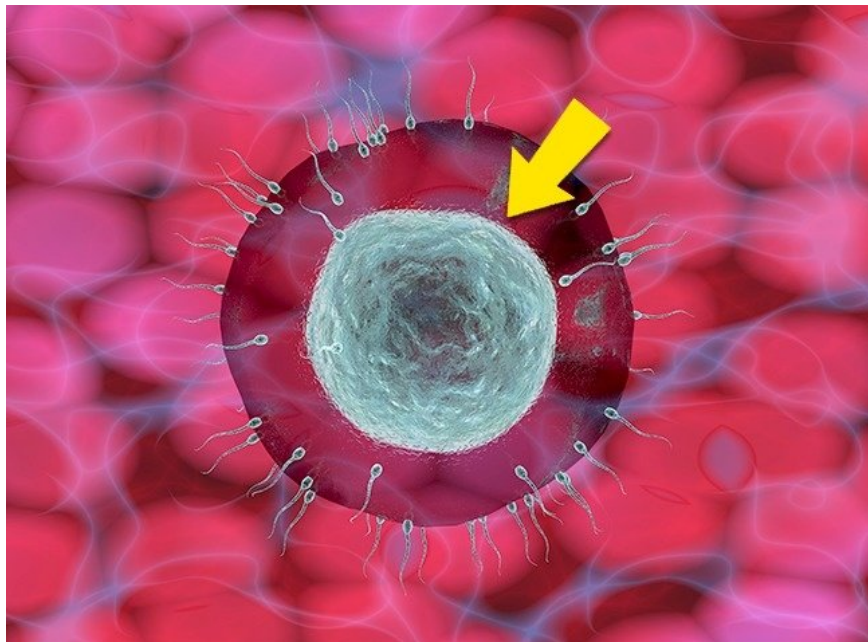
7. Reduce the risk of cancer



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Choline is an essential substance for brain development and can reduce the risk of cancer. According to research results, for women, supplementing eggs in the diet each day **reduces the risk of breast cancer by 18%** .

8. Increased ability to conceive



Vitamin B is involved in the formation of fetal sex hormones and **vitamin B9** is also known as *folic acid*, which supports the formation of fetal red blood cells and neural tubes, reducing the risk of developing retardation. wisdom in children.

It supports the formation of red blood cells and fetal neural tube, reducing the risk of mental retardation in children. That's why **pregnant women need vitamin B9** . Remember, a chicken egg contains 7mcg of vitamin

B!

9. Slow down the aging process



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Dutch scientists have conducted research and demonstrated that eating eggs is capable of **reducing the aging process**, especially in women. Accordingly, 87% of women aged 35-40 have reduced spots, spots due to age and less prone skin, pasting when putting eggs into the daily diet. In men, crow's feet are also significantly dimmed.

See also: 10 great benefits from eating 3 bananas a day

Having fun!

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