



Whole Eggs vs. Egg Whites



Overview

When it comes to eggs, we often argue if it's healthier to eat the whole egg or just the egg white. The egg white is high in protein and low in calories. But the yolk of the egg is where many of the nutrients are found. Let's take a moment to learn more.

Egg yolks

The yolk from one large egg contains about 2 grams of protein, 5 grams of fat and 50 calories. Most of the nutrients, including almost all of the egg's vitamins and minerals, are in the yolk. These are things like vitamin D, vitamin B12, choline and antioxidants.

Egg whites

The white part of the same large egg, on the other hand, has about 4 grams of protein and only 18 calories. And it contains no fat. Notice the egg white has twice the amount of protein as the yolk, but less than half the calories. And the egg white is what's known as a "complete" protein. That means it contain all the essential amino acids your body needs.

What should you do?

So what should you do? Should you eat whole eggs, or only egg whites? Well, if you're watching your calories closely or trying to reduce your saturated fat intake, you may want to stick with egg whites. Skipping the yolk may have some health benefits for you. But otherwise, eat whole eggs. That way you get the benefit of all the nutrients whole eggs have to offer.

Conclusion

When it comes to whole eggs versus egg whites, know that both options can be a healthy part of your diet. Which option you choose depends on your dietary needs and goals. For more info, talk to your doctor.

Yolk

Protein: **2 grams**

Fat: **5 grams**

Calories: **50**



White

Protein: **4 grams**

Fat: **0 grams**

Calories: **18**

