



Corporate Bodies International

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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try an omelette for
breakfast this weekend,
or include a boiled egg
in your lunch!



**Corporate Bodies
International**

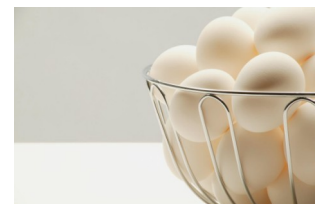
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This fortnight's healthy topic...

Facts on Food: Eggs



You need to know...

Due to increasing rates of heart and cardiovascular disease, people are steering clear of cholesterol-containing foods. Eggs are a great source of protein and other essential minerals. However, they are usually black-listed due to the cholesterol content of the yolk.

Research shows that 50% of doctors prescribe egg-free diets to decrease risk of heart disease and high serum cholesterol, which could not be further from the truth.

Listen here... enjoying **3-4 eggs** each week as part of a **balanced diet**, has not shown to affect heart disease risk!

This research has revealed the real danger – **SATURATED FAT**. Remember from today... eggs do not lead to bad heart health, foods high in saturated fat do!

What else about eggs?

Eggs are great sources of protein, vitamins A, B, D and E, folate and omega-3 fatty acids. They fill you up, provide a variety of nutrients, take next to no time to prepare, are versatile and not to mention are very tasty. Wait, want to know the best thing.... they are a low cost, healthy option!!!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**



Please visit our website www.corporatebodies.com.au or contact us on Ph: 1300 21 31 41.

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