



## GOT TO LOVE EGGS!

MARCH 26, 2013



Do your kids love eggs so much too? Ava, our 2 year old, is especially a total egg addict - she could eat 5 eggs a day if I let her! My mum used to say that eating more than 3 eggs a week was bad for your health, it would be bad for your cholesterol level (and thus blamed for an increased risk of heart disease). Nowadays, thoughts about eggs are quite different - apparently they are great sources of protein and vitamins, and eating one egg a day has positive effects on health and cholesterol levels rather than negative ones. Good for Ava (and good for the Easter bunny)!

xxx Esther

PS The cute heart-shaped egg cup is by [Ginger](#) from [Family Nation](#).

Category: [Food](#),[Food Items](#),[Utensils](#)

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ESTHER IN AMSTERDAM | NO COMMENTS

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