



## Research summary

# Egg consumption linked to lower risk of Alzheimer's disease

## About the study

Understanding how to maintain brain health is important for Canada's aging population. Research has consistently shown the value of healthy diets for brain health. Eggs, which contain important nutrients like choline and omega-3 fatty acids, can be a central part of a balanced diet. Building on research that has shown a strong link between brain health and choline, researchers at Tufts University sought to understand how egg consumption could reduce the risk of developing Alzheimer's disease in older adults.



## Methods

As part of the Rush Memory and Aging Project, this study followed 1,024 participants living in retirement communities over six years. Participants, who had an average age of 81.4 years, recorded their dietary intake and underwent annual diagnosis assessments for Alzheimer's disease. Egg consumption was categorized into four categories: never or less than one egg per month; one to three eggs per month; one egg per week; and more than two eggs per week.

## Findings

Over the course of the study, 280 participants (27.3%) were diagnosed with Alzheimer's disease. When linked with egg consumption, the researchers found that eating one or more eggs per week was correlated with 47% reduced risk of Alzheimer's disease among participants. Upon closer investigation, researchers discovered that part of this reduced risk was due to the choline found in whole eggs. In tandem with omega-3 fatty acids, choline has been shown to promote brain health and, in this case, demonstrated a link to reduced risk of Alzheimer's disease.



## Conclusions

Brain health is a continuing and important concern in Canadian healthcare, with more than 750,000 Canadians currently living with Alzheimer's disease.<sup>1</sup> With an aging population, this number is expected to grow. Understanding the link between diet and brain health is key, and this study shows how eating at least one egg per week can play a role in reducing the risk of developing Alzheimer's disease and supporting cognitive health. By further exploring the palatability, versatility and accessibility of whole eggs, research in this area can further demonstrate how eggs are a practical dietary intervention strategy for older adults.

Future research studies could delve into the connection between whole egg consumption and Alzheimer's disease to better understand how the nutrients found in eggs reduce the risk of developing Alzheimer's. Building on this current study, additional research and clinical trials would provide healthcare providers with further evidence of the value of including whole eggs in a healthy diet for maintaining brain health.

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<sup>1</sup> Alzheimer's Society of Canada. "Dementia numbers in Canada." <https://alzheimer.ca/en/about-dementia/what-dementia/dementia-numbers-canada>. Accessed April 17, 2025.

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## Citation

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