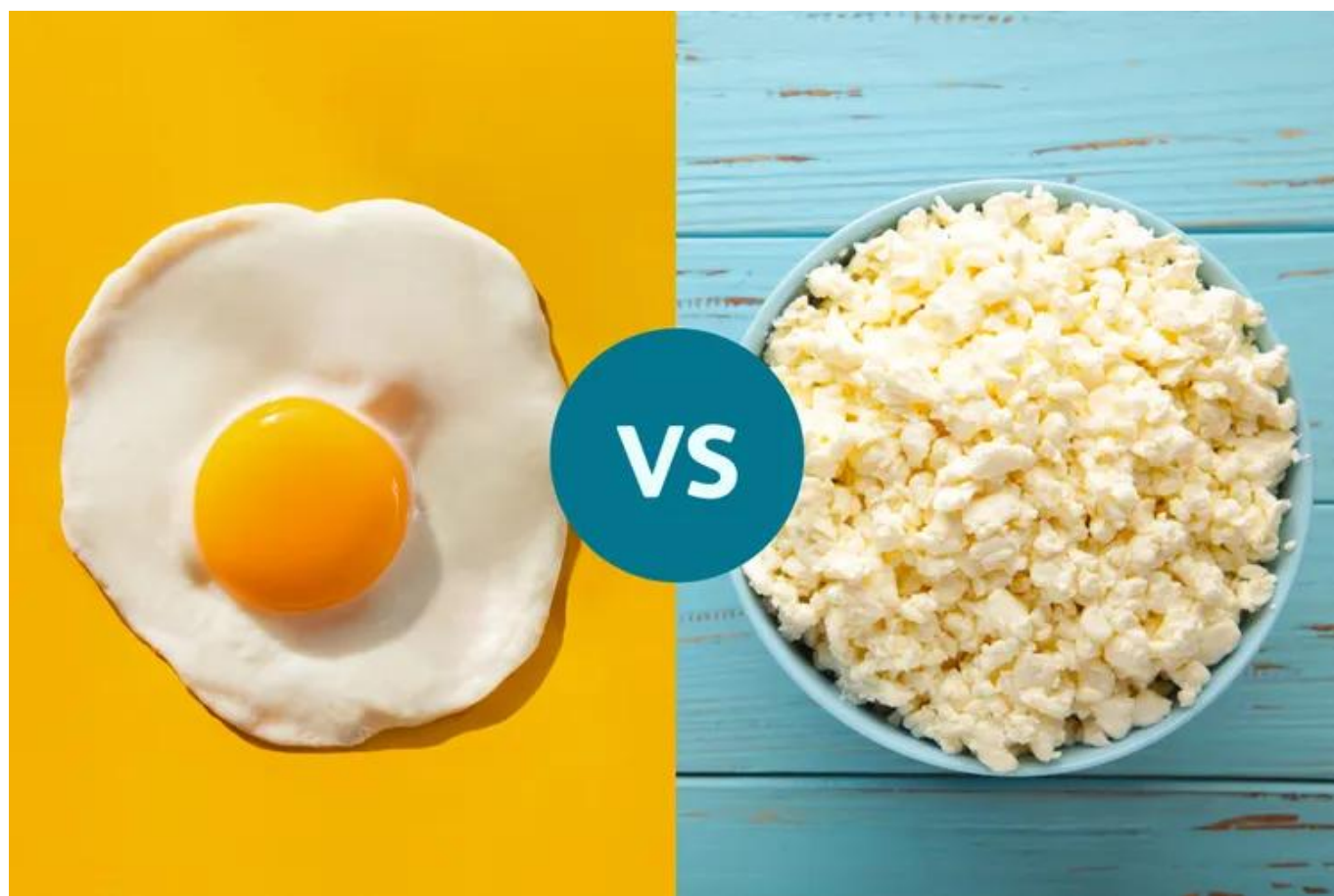


Cottage cheese was called the best choice for heart health than eggs

Many of us choose eggs or cottage cheese for breakfast. But which of these products is more useful for the heart?

From the point of view of the nutritional value of cottage cheese, the most nutritious and useful product for the heart. It has more calcium and less saturated fats than in eggs. Choose the type of cottage cheese in which no more than 300 mg of sodium, which can affect the pressure and risk of heart disease.



The design is very healthy; Getty images

Eggs also have vitamins and antioxidants that support the work of the heart. However, they are less useful due to the high content of protein and saturated fats. Scientific works show that there is a connection between saturated fats, cholesterol and cardiovascular diseases.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***