

The egg, it's only 72 calories but provides us with protein, B vitamins, iron and zinc. All that inside of this shell. But all this good stuff isn't in there alone. Before we crack this egg, it already has 2 grams of saturated fat and 212 milligrams of cholesterol. That doesn't mean we have to throw it away. Moderation and smart cooking may help to make eggs a healthy part of your diet.

Boiling is an easy way to cook your eggs without adding any extra saturated fat. If you're watching your cholesterol, take the yoke out. We just removed all the cholesterol. Try a hard-boiled egg as a simple breakfast, or cut it up and put it on a salad for added protein. And if you are looking for some other low fat cooking options for eggs, try poaching or baking.