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# Effects of increased egg consumption as part of a weight-reducing diet on blood cholesterol and related biomarkers of coronary heart disease risk

**Submission date**
22/09/2005

**Registration date**
05/10/2005

**Last Edited**
13/10/2009

**Recruitment status**
No longer recruiting

**Overall study status**
Completed

**Condition category**
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

## Study information

**Scientific Title**

## Study objectives
1. Consumption of 2 eggs per day for 12 weeks will produce no significant effect on plasma cholesterol and other related biomarkers of CHD risk when accompanied by weight-loss induced by an energy-restricted diet
2. That egg consumption will promote greater weight-loss with an energy-restricted diet than an energy-restricted diet alone

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Ethics committee (ref: EC/2004/109/SBMS)

## Primary study design
Interventional

## Study design
Randomised controlled trial

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Overweight

## Interventions
Test group: 2 small eggs/day + energy-restricted diet (~500 Kcal/day following British Heart Foundation [BHF] guidelines).
Control group: energy-restricted diet alone.
12 week intervention.

## Intervention Type
Drug

## Phase
Not Specified

## Drug/device/biological/vaccine name(s)
Eggs

## Primary outcome(s)
1. Total plasma cholesterol
2. Low-density lipoprotein (LDL) cholesterol
3. Body weight

## Key secondary outcome(s)
Plasma cholesterol precursors (mevalonate and lathosterol) and plant sterols (beta-sitosterol and campesterol) as markers of cholesterol synthesis and absorption respectively

## Completion date

01/04/2006

# Eligibility

### Key inclusion criteria
1. Healthy adult male and females aged 18-55 years
2. Body Mass Index (BMI) that classifies them as being overweight >25, <40

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 Years

### Upper age limit
55 Years

### Sex
All

### Key exclusion criteria
1. BMI >40 (morbid obesity)
2. Total plasma cholesterol >6.5 mM
3. No prescribed medication
4. No dietary supplements including 'cholesterol-lowering' foods (e.g. benecol or flora proactive) or existing diets or having lost >3 kg in preceding 2 months

### Date of first enrolment
01/05/2005

### Date of final enrolment
01/04/2006

# Locations

### Countries of recruitment
United Kingdom

England

### Study participating centre

**School of Biomedical & Molecular Sciences**
Guildford
United Kingdom
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# Sponsor information

**Organisation**
British Egg Information Service (UK)

**ROR**
https://ror.org/02an8as91

# Funder(s)

**Funder type**
Other

**Funder Name**
British Egg Information Service (UK)

**Funder Name**
University of Surrey (UK) - Finance Office, RC4022

# Results and Publications

## Individual participant data (IPD) sharing plan

**IPD sharing plan summary**
Not provided at time of registration

**Study outputs**

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/09/2008 | | Yes | No |