**Supplemental Table S1a.**  Search Strategy

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| **Database** | **Search Terms and Limits** |
| MEDLINE/ PubMed  Search 1 | ***TOPIC***: (egg OR eggs)  ***AND*** (diet OR dietary OR consumption OR intake OR food)  ***NOT*** (letter OR animal OR (cell AND culture) OR (in AND vitro) OR vitro OR culture OR cultured OR fertility OR ovarian OR ovary OR allergy OR allergic OR immune OR autoimmune OR cancer OR fetus OR fetal OR reproduction OR reproductive OR receptor OR drosophila)  ***AND*** (review OR systematic OR (meta AND analysis))  ***AND*** English |
| MEDLINE/ PubMed  Search 2 | ***TOPIC:*** ((egg OR eggs)  ***AND*** (consumption OR intake))  ***NOT*** (letter OR animal OR cell culture OR in vitro) AND ((((((((((cholesterol or dyslipidemia or lipoproteins)) OR (ldl OR hdl OR vldl OR triglycerides or TG)) OR (obesity or obese or overweight)) OR (glucose OR insulin OR insulin resistance OR insulin resistant OR diabetic OR diabetes)) OR (blood pressure OR hypertension)) AND Humans[Mesh] AND English[lang] AND adult[MeSH])) OR (((((((((((Cardiovascular disease) OR Coronary heart disease) OR Ischemic heart disease) OR Acute coronary syndrome) OR Myocardial infarction) OR heart attack) OR unstable angina) OR Heart failure) OR Cerebrovascular disease) OR stroke) OR strokes)))  ***AND*** Review  ***AND*** English |
| Web of Science (WOS) | ***ALL****=*(egg AND (intake OR consumption OR diet OR dietary OR food))  ***NOT TS****=*(animal OR cell OR in vitro OR reproduction OR culture OR cultured OR fertility OR ovarian OR ovary OR allergy OR allergic OR immune OR autoimmune OR cancer OR fetus OR fetal OR reproduction OR reproductive OR receptor OR drosophila))  ***AND LANGUAGE:***(English)  ***AND DOCUMENT TYPES:***(Review) |
| Cochrane Library | ***TITLE, ABSTRACT, OR KEYWORD:*** Egg |
| Nutrition Evidence Systematic Review (NESR), formerly the Nutrition Evidence Library (NEL)1 | Egg |
| AHRQ | ***EVIDENCE BASED REPORTS:*** Egg OR cholesterol |
| Google searches | ***TYPE OF REPORT:***  review  ***TOPIC:*** egg/ eggs AND consumption/intake/dietary  ***EXCLUDE:*** letter OR animal OR cell culture OR in vitro  ***OUTCOMES***: cholesterol/dyslipidemia/lipoproteins/triglycerides OR obesity/obese/overweight OR glucose/insulin/diabetic/diabetes OR blood pressure/hypertension OR heart/coronary/cardiovascular/myocardial OR stroke/cerebrovascular  ***INCLUDE:*** humans, published in English, conducted in adults |

1Search for “egg” in the NESR website directed authors to the 2010 Dietary Guidelines Advisory Committee: Systematic Reviews of the Fatty Acids and Cholesterol Subcomittee. The report was reviewed for systematic reviews on eggs. **Supplemental Table S1b.** Excluded Studies (n=71)

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| **Citation** | **Title** | **Reason for Exclusion** |
| no author, 19831 | The influence of eggs upon plasma cholesterol levels | Narrative review |
| no author, 19852 | The influence of eggs on plasma lipoproteins | Narrative review |
| no author, 20103 | Clinical utility of vitamin D testing: an evidence-based analysis | No human data |
| Andersen 20154 | Bioactive egg components and inflammation | Narrative review |
| Applegate 20005 | Introduction: nutritional and functional roles of eggs in the diet | Narrative review |
| Barbaresko et al., 20186 | Lifestyle indices and cardiovascular disease risk: a meta-analysis | No egg consumption |
| Berger et al., 20157 | Dietary cholesterol and cardiovascular disease: a systematic review and meta-analysis | Narrative review |
| Blesso and Fernandez, 20188 | Dietary cholesterol, serum lipids, and heart disease: Are eggs working for or against you? | Narrative review |
| Campbell and Rains, 20159 | Dietary protein is important in the practical management of prediabetes and type 2 diabetes | No egg consumption |
| Chang et al., 201810 | Egg proteins: fractionation, bioactive peptides and allergenicity | No human data |
| Clayton et al., 201711 | Egg consumption and heart health: a review | Narrative review |
| Constance, 200912 | Better understanding of cholesterol from egg | Narrative review |
| Constant, 200413 | The role of eggs, margarine and fish oils in the nutritional management of coronary artery disease and strokes | Narrative review |
| Dawber et al., 198214 | Eggs, serum cholesterol, and coronary heart disease | Primary study |
| Dehghan et al., 201215 | Relationship between healthy diet and risk of cardiovascular disease among patients on drug therapies for secondary prevention: a prospective cohort study of 31 546 high-risk individuals from 40 countries | Narrative review |
| Deng et al., 201816 | Stroke and food groups: an overview of systematic reviews and meta-analyses | Not a review of primary studies |
| De Meester, 200917 | Progress in lipid nutrition: the Columbus Concept addressing chronic diseases | No egg consumption |
| Djousse et al., 200918 | Dietary cholesterol and coronary artery disease: A systematic review | Narrative review |
| Fernandez, 200619 | Dietary cholesterol provided by eggs and plasma lipoproteins in healthy populations | Primary study |
| Fernandez, 201220 | Rethinking dietary cholesterol | Narrative review |
| Fernandez, 201021 | Effects of eggs on plasma lipoproteins in healthy populations | Narrative review |
| Fernandez et al., 201722 | Effects of dietary cholesterol in diabetes and cardiovascular disease | Narrative review |
| Fuller et al., 201523 | Egg consumption and human cardio-metabolic health in people with and without diabetes | Narrative review |
| Ginsberg et al., 199424 | A dose-response study of the effects of dietary cholesterol on fasting and postprandial lipid and lipoprotein metabolism in healthy young men | Primary study |
| Green et al., 200625 | Plasma LDL and HDL characteristics and carotenoid content and positively influenced by egg consumption in an elderly population | Primary study |
| Hasler, 200026 | The changing face of functional foods | No egg consumption |
| Herron and Fernandez, 200427 | Are the current dietary guidelines regarding egg consumption appropriate? | Narrative review |
| Herron et al., 200428 | High intake of cholesterol results in less atherogenic low-density lipoprotein particles in men and women independent of response classification | Primary study |
| Herron et al., 200229 | Pre-menopausal women, classified as hypo- or hyperresponders, do not alter their LDL/HDL ratio following a high dietary cholesterol challenge | Primary study |
| Herron et al., 200330 | Men classified as hypo- or hyperresponders to dietary cholesterol feeding exhibit differences in lipoprotein metabolism | Primary study |
| Iacono et al., 199031 | Dietary fat and blood pressure in humans | No egg consumption |
| Knopp et al., 199732 | A double-blind, randomized, controlled trial of the effects of two eggs per day in moderately hypercholesterolemic and combined hyperlipidemic subjects taught the NCEP step 1 diet | Primary study |
| Kritchevsky, 200433 | A review of scientific research and recommendations regarding eggs | Narrative review |
| Kritchevsky and Kritschevsky, 200034 | Egg consumption and coronary heart disease: an epidemiological overview | Narrative review |
| Kuang et al., 201835 | The impact of egg nutrient composition and its consumption on cholesterol homeostasis | Narrative review |
| Kunachowicz et al., 200436 | [Folic acid fortified food and their importance in health promotion] | Not in English |
| Lau, 200937 | Dietary cholesterol and other nutritional considerations in people with diabetes | Narrative review |
| Lee et al., 200838 | A global overall dietary index: ODI-R revised to emphasize quality over quantity | No egg consumption |
| Lin et al., 201839 | U.S. Preventive Services Task Force evidence syntheses, formerly systematic evidence reviews | No egg consumption |
| McDonald, 200440 | The Canadian experience: why Canada decided against an upper limit for cholesterol | Narrative review |
| McNamara, 200041 | The impact of egg limitations on coronary heart disease risk: do the numbers add up? | Narrative review |
| McNamara, 201542 | The fifty year rehabilitation of the egg | Narrative review |
| Meyer and Shea, 201743 | Dietary choline and betaine and risk of CVD: a systematic review anad meta-analysis of prospective studies | No egg consumption |
| Miranda et al., 201544 | Egg and egg-derived foods: effects on human health and use as functional foods | Narrative review |
| Montanari, 201845 | Cracking the egg: use of modern fossil eggs for ecological, environmental and biological interpretation | No human data |
| Mutungi et al., 200846 | Dietary cholesterol from eggs increases plasma HDL cholesterol in overweight men consuming a carbohydrate-restricted diet | Primary study |
| Mutungi et al., 201047 | Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet | Primary study |
| Nicklas et al., 200148 | Eating patterns, dietary quality and obesity | No egg consumption |
| Oh and Miller, 198549 | Effect of dietary egg on variability of plasma cholesterol levels and lipoprotein cholesterol | Primary study |
| Ortega et al., 199850 | [Dietary cholesterol as a conditioner of ingestion of other nutrients and various blood parameters in young women] | Not in English |
| Ortega et al., 201851 | Roles of physical activity and fitness in the characterization and prognosis of the metabolically healthy obesity phenotype: a systematic review | No egg consumption |
| Puertas and Vazquez, 201852 | Advances in techniques for reducing cholesterol in egg wolk: a review | No human data |
| Ranard et al., 201753 | Dietary guidance for lutein: consideration for intake recommendations is scientifically supported | No relevant outcome |
| Ribaya-Mercado and Blumberg, 200454 | Lutein and zeaxanthin and their potential roles in disease prevention | No relevant outcome |
| Riediger et al., 200955 | A systematic review of the roles of n-3 fatty acids in health and disease | No egg consumption |
| Ruxton, 200456 | Health benefits of omega-3 fatty acids | No egg consumption |
| Savage et al., 200257 | Cholesterol oxides: their occurrence and methods to prevent their generation in foods | No human data |
| Scharer and Schulthess, 200558 | [Egg intake and cardiovascular risk] | Not in English |
| Schwingshackl et al., 201859 | Food groups and risk of colorectal cancer | No relevant outcome |
| Siddiqui et al., 200460 | Omega 3-fatty acids: health benefits and cellular mechanisms of action | No egg consumption |
| Solfrizzi et al., 201761 | Relationships of dietary patterns, foods, and micro- and macronutrients with Alzheimer’s disease and late-life cognitive disorders: a systematic review | No relevant outcome |
| Soliman, 201862 | Dietary cholesterol and the lack of evidence in cardiovascular disease | Narrative review |
| Spence, 201863 | Egg consumption and cardiovascular risk | Narrative review |
| Spence, et al., 201064 | Dietary cholesterol and egg yolks: not for patients at risk of vascular disease | Narrative review |
| Valsta et al., 200465 | Estimation of plant sterol and cholesterol intake in Finland: quality of new values and their effect on intake | Primary study |
| Vitullo et al., 199166 | [Can the changes in dietary fat intake reduce the risk of onset and development of atherosclerosis and of ischemic cardiopathy in particular] | Not in English |
| Wallace, 201867 | A comprehensive review of eggs, choline, and lutein on cognition across the life-span | No relevant outcome |
| Weggemans, et al., 200168 | Dietary cholesterol from eggs increases the ratio of total cholesterol to high-density lipoprotein cholesterol in humans: a meta analysis | No egg consumption |
| Wiebe , 200269 | Myco-protein from Fusarium venenatum: a well-established product for human consumption | No human data |
| Wong et al., 200870 | Egg beater as centrifuge isolating human blood plasma from whole blood in resource-poor settings | No egg consumption |
| Zazpe et al., 201171 | Egg consumption and risk of cardiovascular disease in the SUN project | Primary study |

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