

# May Is National Egg Month

*April/May 2008*

## **The Cholesterol Question**

Eggs just might be one of the most misunderstood foods around. Often thought to be a cholesterol-laden “forbidden” food—today’s research shows that one egg yolk a day is okay for most healthy people as long as their total cholesterol comes in at 300 milligrams a day or less. Exceptions include people with elevated cholesterol levels or Type 2 Diabetes—they are urged to keep cholesterol intake at 200 milligrams a day or less. One large egg yolk has about 215 milligrams of cholesterol however eggs contain no trans-fats and are very low in saturated fat—the real culprits in food that increase the risk of heart disease even more than dietary cholesterol. Egg whites are cholesterol free and have a mere 17 calories each.

## **“Egg”ceptional Nutrition**

Eggs provide an excellent yet inexpensive source of the highest quality protein available. Egg yolks are a good source of choline, which has been linked with preserving memory, and lutein and zeaxanthin (zee-uh-ZAN-thin) which may protect against vision loss. Plus an egg yolk is one of the few foods which contain vitamin D, the sunshine vitamin.

## **The Company They Keep**

One major drawback to eggs may be the company they keep. We often eat eggs in combination with foods that are high in calories and fat—foods like bacon, sausage, hash browns and in sandwich combinations with cheese, biscuits or croissants.