



FOR IMMEDIATE RELEASE:

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CELEBRATE AMERICAN HEART MONTH WITH NUTRITIOUS EGGS
More than 40 years of research supports the role of eggs in a heart-healthy diet

COLUMBUS – For decades, consumers have been given mixed messages about dietary cholesterol, especially as it relates to eggs. However, egg lovers can rejoice this February, which is American Heart Month, because recent research reveals that healthy adults can enjoy eggs daily without affecting their risk of heart disease.

“Eggs have gotten a bad reputation, which is a shame,” said Sally Kuzemchak, a registered dietician and blogger at Real Mom Nutrition. “They’re a terrific and affordable source of protein and include B vitamins that actually help promote heart health. When people find out they don’t have to avoid eggs anymore, they’re always relieved. I wouldn’t want to go without them either! Eggs are definitely a staple in our house.”

According to recent United States Department of Agriculture (USDA) nutrition data, eggs are 14 percent lower in cholesterol than previously recorded. The USDA reviewed the nutrient composition of standard large eggs for the study. As a result, they found that an average large egg contained 185 mg of cholesterol (down from 215 mg), which is well within the 300 mg recommended daily value of cholesterol.

This confirms more than 40 years of academic research, including:

- A 2008 study published in the *European Journal of Nutrition*, which concluded that cholesterol-rich foods should not be excluded from dietary advice for weight loss.
- A 2007 study reported in *Medical Science Monitor* revealing that eating one or two eggs a day did not increase the risk of heart disease among healthy adults.
- A review of more than 25 studies appearing in the *Journal of the American College of Nutrition* in 2000 showing that eating one egg per day isn’t associated with increased risk of heart disease in healthy men and women.

“This extensive research confirms that eggs can be enjoyed as part of a heart-healthy diet,” said Jim Chakeres, executive vice president for the Ohio Poultry Association. “Information about the health benefits of eggs is a leading reason why the American Heart Association guidelines were changed over a decade ago to allow one egg per day into the average healthy American’s diet.”

Eggs offer a number of beneficial nutrients to promote overall health. One egg has approximately 70 calories and 13 essential vitamins and minerals. Eggs also are an excellent source of selenium and a good source of high-quality protein, vitamin B 12, phosphorus and riboflavin. At an average retail cost of less than 15 cents apiece, eggs are one of the most affordable sources of high-quality protein per serving in today’s marketplace.

Kuzemchak also advises consumers not to toss the yolk down the drain in an effort to save calories and fat. “Though the whites are a great source of protein, the yolk is where a lot of the unique nutrients are found, such as choline,” said Kuzemchak.

During American Heart Month – and every month – consumers have every reason to take advantage of the high protein value and broad nutritional benefits eggs offer.

For more information about Ohio egg nutrition and farming, visit www.ohioeggs.com. For delicious and nutritious egg recipe ideas, visit us on Pinterest at www.Pinterest.com/OhioPoultryAssn.

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CONTACT:

Diane Hurd, CMA, 816/556-3144

Jim Chakeres, Ohio Poultry Association, 614/882-6111