

NEWS RELEASE

FOR RELEASE
April 29, 2011

For more information contact:
Kevin Vinchattle (515) 727-4701 ext.13

May is Egg Month: Look to Eggs for Affordable Nutrition

May is Egg Month! Celebrate by choosing eggs for their versatility, nutritional benefits, and affordability per serving. No other protein source can feed a family of four for a \$1.12, because eggs are only \$0.14 per serving!

Over the years there have been mixed messages regarding dietary cholesterol that have led to avoiding foods, such as eggs. The average amount of cholesterol in a Grade A large egg is now 185 mg, which is 14% lower than the previously reported 212 mg. Research shows that eating an egg a day is not associated with the risk of coronary heart disease or stroke in healthy adults. The *Nutrition Bulletin* published a review of scientific studies from the past 30 years showing that eating eggs daily does not have significant impact on blood cholesterol or heart disease risk. There were several benefits of egg consumption noted in the study, such as the high quality protein eggs provide. The authors also argue that the consumption of one to two eggs a day should be actively encouraged as part of a calorie-restricted weight loss plan.

Eggs are an affordable nutrient-dense food, containing 13 vitamins and minerals. Research shows that eggs provide one of the lowest-cost sources of vitamin A, calcium, vitamin B12, riboflavin, zinc, fiber, and high-quality protein. Every \$1 spent on eggs contains 38 grams of high-quality protein. Also each egg only has 70 calories apiece!

For families looking to save on food costs, it is important to remember that cutting back doesn't have to mean sacrificing healthful foods. Choose eggs for balanced nutrition and a balanced budget. For delicious, low-cost egg recipes and more information on how to include the incredible, edible egg in your family's diet, visit www.iowaegg.org.