

PROTECTING YOUR HEART

FACTUAL ANSWERS TO HELP YOU

Many people on low cholesterol or fat-modified diets have been told by their doctors to reduce their intake of eggs, but this advice is not fully understood by some.

Why is egg intake restricted?

The yolk of the egg is the single highest source of cholesterol in the average American diet. Consumption of high cholesterol foods tends to raise blood cholesterol levels which may increase the risk of coronary heart disease.

Are there any guidelines for cholesterol reduction?

The report of the Inter-Society Commission for Heart Disease Resources recommends that total daily cholesterol intake be limited to 300 mg. However, one average large egg alone contains approximately 240 mg. of cholesterol, making it almost impossible to stay under the 300 mg. limit.

But aren't eggs very nutritious?

Yes, eggs do supply significant amounts of protein, iron, vitamins and other minerals, but these nutrients can also be obtained from many other foods. If some of the risk factors associated with coronary heart disease are present in an individual (i.e. elevated serum cholesterol, hypertension, obesity)

the high cholesterol content of eggs can outweigh their nutritional value.

Do you have any tips for reducing eggs in the diet?

Two to three eggs per week are usually allowed, but follow your doctor's ad-



vice. Beware of "hidden cholesterol" in various prepared foods. For example, eggs used in making sauces and desserts must be counted!

Luckily there is an alternative with Egg Beaters, a frozen cholesterol-free egg substitute. This remarkable product made primarily from egg whites (all the cholesterol is in the yolk), corn oil and non-fat dry milk contains the essential nutrients found in whole fresh eggs but no cholesterol. Egg Beaters can be scrambled, made into omelets or egg salad. By substituting Egg Beaters for shell eggs in cooking, many of your favorite breads, desserts, sauces and breakfast foods can still be enjoyed.