Are you up-to-date on the latest recommendations?

Eggs were once avoided and criticized for their cholesterol content. However, government and health organizations have revised their dietary cholesterol recommendations.

The 2015 Dietary Guidelines for Americans place no daily limit on dietary cholesterol intake.

“A few foods, notably egg yolks and some shellfish, are higher in dietary cholesterol but not saturated fats. Eggs and shellfish can be consumed along with a variety of other choices within and across the subgroup recommendations of the protein foods group.”

EGGS ARE A NUTRITION POWERHOUSE

- All-Natural
- High-Quality Protein
- Affordable & Versatile
- Antioxidants: Lutein & Zeaxanthin
- Varying amounts of 13 essential vitamins and minerals

All for 70 calories in a large egg!

Sources:

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