

DIETARY CHOLESTEROL

ARE YOU UP-TO-DATE ON THE LATEST RECOMMENDATIONS?

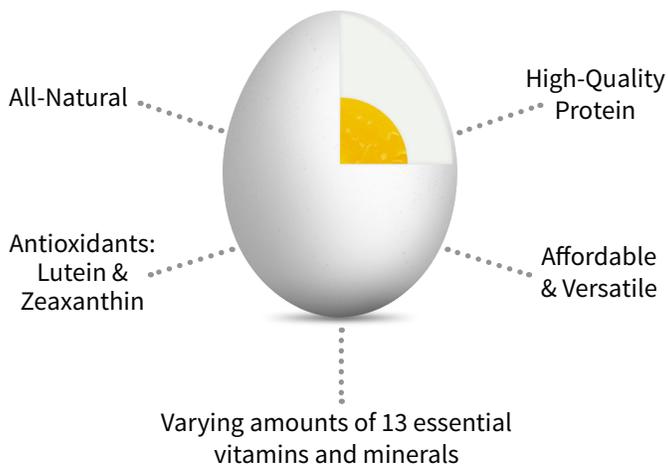
Eggs were once avoided and criticized for their cholesterol content. However, government and health organizations have revised their dietary cholesterol recommendations.

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 for 70 calories in a large egg!



The totality of scientific research has shown no or little effect between dietary cholesterol and cardiac outcomes or markers of heart disease risk in healthy people. Other dietary factors, such as saturated fat and trans fat, have been shown to be more detrimental to heart disease risk.



Many other countries and expert groups like the American Heart Association and the American College of Cardiology do not have an upper limit for cholesterol intake in their dietary guidelines.

For more cholesterol research & egg nutrition information visit, www.eggnutritioncenter.org



Sources

- U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.
- Eckel RH, Jakicic JM, Ard JD, et al.; American College of Cardiology/American Heart Association Task Force on Practice Guidelines. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *J Am Coll Cardiol.* 2014;63:2960-84.
- Fernandez ML, Calle M. Revisiting dietary cholesterol recommendations: does the evidence support a limit of 300 mg/d? *Curr Atheroscler Rep.* 2010;12:377-83.