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FOR IMMEDIATE RELEASE

"New 2015 Dietary Guidelines for Americans Reveal Good News for Eggs"

URBANDALE, IOWA (January 7, 2016) – The U.S. Department of Health and Human Services (HHS) and Department of Agriculture (USDA) have decided to remove a daily limit on dietary cholesterol and include eggs in all three recommended healthy eating patterns as a part of the the 2015 Dietary Guidelines for Americans.

"The Iowa Egg Council applauds the new Dietary Guidelines for Americans. The release of this report amplifies what we all know to be true, that eggs are great for our health. Additionally, eggs are great for Iowa's economy and we should all be proud of that fact," according to Iowa Egg Council Executive Director Randy Olson.

Eggs are nutrient rich, making them one of the few foods that naturally contain vitamin D. In addition to Vitamin D, including the highest quality protein, eggs promote healthy brain function and eyesight. Eggs are an excellent source of choline, which contributes to fetal brain development. Eggs also provide small amounts of lutein and zeaxanthin, two nutrients that contribute eye health.

Iowa is a leader in egg production, producing as many as 16.5 billion eggs annually. The Iowa egg industry generates 2 billion in total statewide sales annually, 8,000 jobs statewide and $424 million in personal wages. Additionally, the Iowa egg industry contributes $19.3 million to the state general tax revenues every year.

Full report found here

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