



Iowa Egg Council

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FOR IMMEDIATE RELEASE

“Good News for Eggs: New Dietary Guidelines Reveal Positive Effects About Eggs and Cholesterol”

URBANDALE, IOWA – The Dietary Guidelines Advisory Committee, the nation’s top nutrition panel, has decided to drop warnings about eating foods high in cholesterol. Experts now say cholesterol in the diet is no longer considered a “nutrient of concern.”

“The Iowa Egg Council welcomes the release of this report, and it 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 ranks #1 in egg production, producing 15 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 <http://www.health.gov/dietaryguidelines/2015-BINDER/meeting7/docs/DGAC-Meeting-7-SC-1.pdf>