

## Eggs Contribute To Balanced Diet

The two-eggs-a-day routine generally observed by Americans may be the correct diet after all, suggests Dr. F. A. Kummerow, in a recent issue of The Merck Agricultural Memo, distributed as a service by Merck Chemical Division, Rahway, N.J.

In his article, "The Role of Egg Cholesterol in Atherosclerosis," Dr. Kummerow said that it is possible to assume optimum nutrition by building a diet around animal protein sources such as milk, meat and eggs. These foods provide all the nutrients except vitamin A. Add vegetables, fruits, cereals, and bread to the diet for an adequate protein, vitamin and caloric intake, he said. Eggs serve as an important source of protein in the American diet.

Dr. Kummerow, director of the Burnside Research Laboratory at the University of Illinois and professor of food chemistry, noted that 90% of all cases of strokes and heart disease are due to atherosclerosis, i.e., de-

position of lipids in the arteries. Lipids are cholesterol and other fat-like materials essential to the structure of all cell membranes. They are manufactured in the body from dietary fats, carbohydrates, or proteins in foods. An egg contains about 400 to 500 mg of cholesterol.

It has been argued that cholesterol in eggs becomes a part of and adds to the total cholesterol in the serum of one who eats eggs, Dr. Kummerow said. Whether or not this is harmful depends on at least two factors. Does the cholesterol from eggs overburden the lipid-carrying capacity of the blood? And, is the cholesterol found in an egg compatible with the cholesterol normally present in the blood?

In answer to the first question, Dr. Kummerow said that "if one assumes that all of the cholesterol in the egg is absorbed into the blood, which in a normal human amounts to four to five liters, the serum cholesterol level would increase only 10mg %. However, not all of the cholesterol is absorbed and most of the cholesterol that is absorbed

is converted into cholic acid in the liver and excreted. Furthermore, the serum cholesterol level is known to fluctuate during a 24-hour period by as much as 20 mg.%. Therefore, the increase of 20 mg.%, which the daily consumption of two eggs would supply, is of no significance to the overall serum cholesterol level."

Addressing himself to the compatibility of the cholesterol, he said: "The cholesterol in an egg yolk is also combined or carried in the egg as lipoprotein. Therefore, it is consumed with the protein and all of the essential 'carrier protein' is available for resynthesis into lipoprotein in the body."

The prevention of cholesterol buildup depends on controlling the mechanism responsible for lipoprotein stabilization in the blood serum. Dietary fat is no more to blame for the gain in weight than an excessive intake of any other dietary component, he reported. It is far more important to exercise regularly and to eat an adequate calorie-balanced diet, Dr. Kummerow concluded.

## Ephrata Y. F. Program Set For March 12

The Ephrata Adult Farmer program on tractor maintenance will be held Tuesday evening, March 12, at 7:30 p.m. in the Vo-Ag room of the high school. The meeting will feature demonstration of farm tractor maintenance, including the use

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of the dynamometer. Charles Ackley, Vo-Ag Teacher, invites all farmers to attend.

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and the Star Red Rose (chapter) award went to Gerald Nissley, son of Mr. and Mrs. Arthur Nissley Mt Joy R2.

These foundation awards were given Crop Farming - Russel Adamire Jr., son of Mr. and Mrs. Russel Adamire Sr., Manheim R2 Dairy Farming - John Nissley, son of Mr. and Mrs. Clayton Nissley Manheim R1, Livestock Farming - Gerald Nissley and Ag Mechanics - Barry Miller, son of Mr. and Mrs. Wilbur Miller, Manheim R4.

Sears Guilds Awards went to Dale Nolt, son of Mr. and Mrs. Martin Nolt, Manheim R1, Edward Donough, David Brandt, son of Mr. and Mrs. Harry Brandt, Manheim R4.

The high seed salesman was Wilmer Groff.

Featured speaker of the evening was Marlin Hitz, Lebanon county, former FFA member who received the American Farmer Degree. He showed slides of a recent trip.

### New Holland

At New Holland the Grassland Chapter FFA Banquet was held and the following presentations were made.

#### Honorary Chapter Farmers

George E. Allen, assistant to Bus Mgr., GSHS, Joseph Campanella, assistant principal, GSHS, Dean G. Miller, assistant principal, GSHS, Richard Stevick, guidance counselor, GSHS, John Zook, foreman, Rutts Custom Kitchens, Edward Smucker, experimental dept., New Holland M Co, Reuben Hess, manager, Agway Store, New Holland, Abram Zeiset, farmer East Earl R1.

#### 1968 Certificates of Appreciation

Edwin Hurst, owner, Hurst Tire Service, Charles Zimmerman, co-owner, Zimmerman's Hardware, Ralph Butler, Big Dutchman Inc, New Holland, Jerry Shaffer, field representative, P P & L, James Roth, ass't personnel director, Weavers Poultry, Earl Groff, sales manager, Agway Inc, Charles Weaver, owner, Weavers Masonry, C B Hooper Sr., Hooper Implements, Intercourse, Gerald J. Frost, service dept., N H Machine Co.

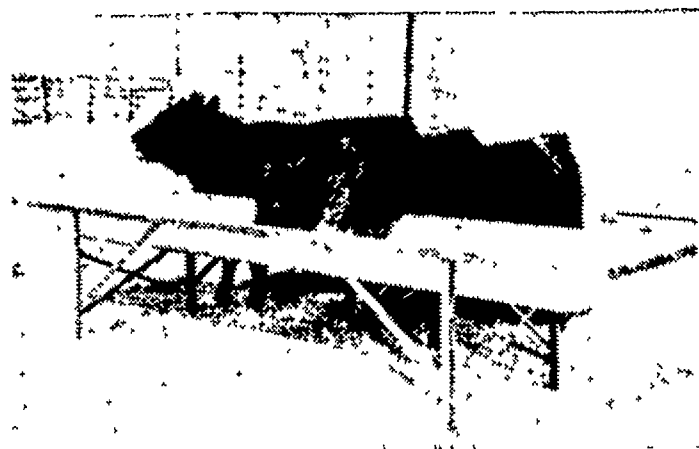
#### Special Recognition

Mr. and Mrs. Robert D. Herr, head, Agriculture Dept, Garden Spot High School.

Merlin Snader served as toastmaster.

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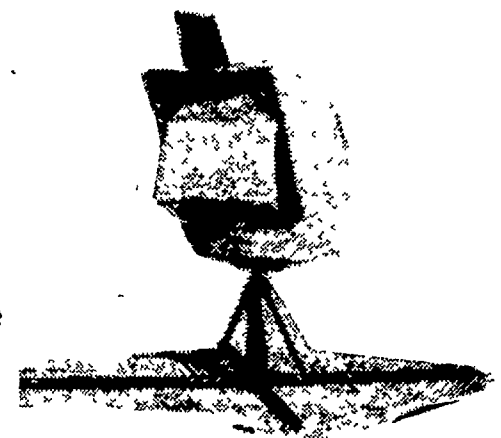
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