Nutritionist Says Real Eggs Beat Imitations



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If the nutrients in Mother Nature's own farm fresh eggs are the same as those in an imitation product, animals fed both foods should thrive just as well. That's what Dr. Fred A. Kummerow, of the four weeks after weaning. University of Illinois, Dr. Kummerow points out thought when he started rats off on comparison diets of the cholesterol-free Egg Beaters and fresh eggs. The results? Stunted growth and death for the animals fed Egg Beaters, according to a new release from the American Egg Board.

In a paper presented at the Food Institute of Technologists' meeting in New Orleans and published in the April issue of Pediatrics, Dr. Kummerow warned against assuming that Egg Beaters are just as good as fresh eggs in feeding infant children. Some physicians have recommended low-cholesterol diets for infants in an attempt to prevent atherosclerosis in later years. But the price may be too high to pay.

In his study at the Burnsides Research Laboratory in Urbana, Illinois, Dr. Kummerow fed lactating female rats and their two-tothree-day-old pups either Egg Beaters, shell eggs, or a commercial laboratory rat feed. Additional calcium was added to both the Egg Beaters and the fresh eggs. "The pups from the mother fed Egg Beaters averaged 31.6 grams, and those fed whole egg averaged 66.5 grams in weight at three weeks of age," the food

scientist said. In addition, "Both the mothers and pups fed Egg Beaters developed diarrhea within one week," and all the pups fed the imitation product died within three to

that the nutritional deficits of Egg Beaters are probably supplied elsewhere in the adult diet. But he warns that "these nutritional factors may not be present in adequate amounts for infants fed milk and Egg Beaters instead of egg yolk from a soft-boiled egg.'

It may not be "nice" to fool Mother Nature. But it may be far worse for infants parents and whose physicians unwittingly cheat them of essential nutrients.

Livestock News **Phone Reports** Now Available

The Pennsylvania Agriculture Department Thursday announced a new, 24-hour telephone news service covering 18 livestock and dressed beef markets.

Secretary Jim McHale said price information on 18 livestock auctions in Pennsylvania plus sales figures on other livestock markets around the country is instantly available via recorded tape by dialing 717---783-8016.

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