

Teachers Learn Truth About Eggs

Lancaster Farming, Saturday, May 7, 1994-B9

LOU ANN GOOD
Lancaster Farming Staff
MOUNT JOY (Lancaster Co.)

—Cathryn McCharen attacked the "cholesterol myth" when she addressed home economists from

Lancaster and Lebanon counties on April 28. McCharen, who is considered a

leading authority on egg nutrition, doesn't like the bad rap given the egg as the culprit of high cholesterol.

"Dietary cholesterol does not equal serum cholesterol," she said. "Dietary cholesterol has the least impact on serum of any of the sources studied."

Her message is penetrating the blockade that many people hold toward eggs. While some persons concerned with cholesterol levels determine to cut out all eggs from the diet, that is the wrong decision, according to McCharen. Studies show that the egg is not only 22 percent lower in cholesterol than previously thought but it also contributes an average of four percent of saturated fat in the diet.

Reducing saturated fat and exercise are shown to be the most effective controls of cholesterol in the blood stream, McCharen said.

In a recent control study of 25 men who were in good health, each was put on a controlled diet for eight weeks with the only dietary change of eating zero to four eggs a week. According to the McCharen, the study indicated that eggs are

not responsible for raising cholesterol levels. The only significant change, and that was minimal, was in going from zero to four eggs.

Genetics probably is the underlying risk, with obesity also playing a major role in cholesterol buildup in the blood, McCharen said of the ongoing research.

She stressed the importance of considering an egg as a replacement to one ounce of meat when observing dietary guidelines.

"Eggs are the most versatile in cooking and the cheapest source of high quality protein," McCharen said. "An egg contains every vitamin but Vitamin C, and is considered nutrient dense."

Eggs have a positive future as poultry producers are finding new ways to change the fatty content of an egg by changing chicken feed.

The Lancaster County Poultry Association sponsors the annual dinner for home economists so that the teachers can translate their findings to students — important consumers who need to be educated on food sources.



John Schwartz, extension director; Mark Price, secretary of the Lancaster County Poultry Association; Catherine McCharen, speaker, and John Hoffman, president of Pa. Poultry Federation, counteract myths about eggs with researched facts.

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Rhubarb Festival

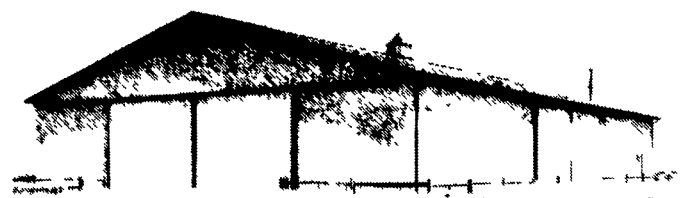
INTERCOURSE (Lancaster Co.) — Kitchen Kettle Village, Route 340, Intercourse will celebrate the 11th annual Rhubarb Festival on Saturday, May 21, from 9 a.m. to 6 p.m. The Festival includes a Rhubarb Race Car Derby, a Rhubarb Pie Baking Contest, a Rhubarb Pie Throwing Contest, music by Banjo Jimmy, children's

games, and a variety of rhubarb foods at the restaurants and shops of Kitchen Kettle Village. Several of the activities will benefit the Muscular Dystrophy Association. Admission is free and plenty of free parking is available. For further information, please contact Kitchen Kettle Village at (717) 768-8261.

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