Teachers Hear Good News About Eggs

LOU ANN GOOD Food And Family Features Editor

CENTERVILLE (Lancaster Co.) - Nutritional recommendations keep changing. First, the socalled experts tell us to limit eating eggs to once a week to lower cholesterol, but recent studies confirm it's OK to eat an egg a day.

Even the American Heart Association showed it had a change of heart when it lifted the restriction off eggs by reporting, "There is no longer a specific recommendation on the number of egg yolks a person may consume per week.

That's good news for the poultry industry, who knew all along that the positive benefits of eggs

were getting scrambled in the hype over cholesterol.

The Lancaster County Poultry Association wants to make sure that school consumer science teachers are aware that eating eggs is beneficial. They want teachers to pass on the truth to students: Eggs are a nutrientdense food containing high quality protein, essential vitamins and minerals, and all essential amino acids. Eggs are affordable and convenient.

Each year, the association invites area school teachers to a dinner. It was recently served at the Quality Inn, Centerville.

Dr. Hilary Shallo Thesmar of the Egg Nutrition Center. Washington, D.C., presented "The



Vicki Kronewetter of Hempfield High School, center wins one of the door prizes given by the Poultry Association. Congratulating her are Genie Rozman, Warwick High School, left, and Judy Bowlby, Manheim Township High School.

Maryland Plans Ag In The Classroom Teacher Workshop

The Maryland Agricultural Education Foundation has an-nounced its Ag in the Classroom Summer Workshop set for June 23-27, at the Westminster Con-

ference Center.

Workshop_activities support Maryland state learner outcomes and include field trips, hands-on learning, classroom demonstrations and more. Workshop participants will be provided with over \$600 of educational resources including videos, trade books, models, and ready-to-use lesson plans.

Agricultural industry professionals and trained instructors will be on hand presenting the most up-to-date information to teachers. Teachers attending the workshop can earn three (3) in-service credits from the Maryland State Department of Education and will leave the workshop with a wide array of educational materials. ready for use in the classroom this fall. Registration is only \$100 and includes four (4) nights lodging, tours, five (5) days of training, most meals, and limitless educational resources. The \$100 fee is non-refundable. Interested teachers should contact Jeanne

HAVRE DE GRACE, Md. -- Mueller of the Maryland Agricultural Education Foundation at (410) 848-4745 immediately to get in on this fun-filled workshop. Space is limited to 50 participants.

for their dietary value. Choline is important as a nerve cell transmitter in brain development and memory. Lutein protects against agerelated macular degeneration and cataracts, and

Bradford, president.

Good News About Eggs."

Thesmar said that two large

eggs provide 6 percent food ener-

gy, 20 percent protein, 53 percent

essential amino acids, 16 percent

vitamin B12, 12 percent folate, 34

percent selenium, 8 percent vita-

min B6, 8 percent iron, 30 per-

cent riboflavin, 12 percent vita-

min D, 16 percent phosphorous, 8 percent zinc, and 12 percent vi-

tamin A. Each egg has only 70

find with only 70 calories? Thes-

"How many snacks can you

She dissected the internal

value of each egg. In addition to

the well known health benefits of

protein and vitamins, eggs also

contain choline and lutein, which

recently have been in the news

calories.

mar asked.

atherosclerosis.

Thesmar also addressed egg safety and salmonella enteritidis (SE).

The good news about eggs is a message everyone should know, according to these poultry industry leaders. From left are Dr. Greg Martin, poultry extension agent; Ray Sauder, R.W. Sauder's Eggs; Dr. Hilary Thesmar, Egg Nutrition Center, Washington, D.C.; and Lancaster County Poultry Association officers Guy Martin, treasurer, and Andy

> According to the Egg Nutrition Center, a person who eats a raw egg every day would encounter a contaminated egg once in 55

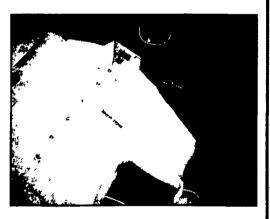
years. The **USDA** estimates that the average consumer eats an undercooked egg 20 times a vear. If so, consumers would be exposed to SE-contaminated undercooked shell egg once in 1,000 years.

For more information on egg safety and egg nutrition, contact Dr. Greg Martin, (717) 394-6851, or the American Egg Board www.aeb.org or the Egg Nutrition Center at www.enc-online.org.



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