

Teachers Hear Good News About Eggs

LOU ANN GOOD
Food And Family
Features Editor

CENTERVILLE (Lancaster Co.) — Nutritional recommendations keep changing. First, the so-called 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 nutrient-dense 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



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 Bradford, president.



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

HAVRE DE GRACE, Md. — The Maryland Agricultural Education Foundation has announced its Ag in the Classroom Summer Workshop set for June 23-27, at the Westminster Conference 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

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.

Good News About Eggs."

Thesmar said that two large eggs provide 6 percent food energy, 20 percent protein, 53 percent essential amino acids, 16 percent vitamin B12, 12 percent folate, 34 percent selenium, 8 percent vitamin B6, 8 percent iron, 30 percent riboflavin, 12 percent vitamin D, 16 percent phosphorous, 8 percent zinc, and 12 percent vitamin A. Each egg has only 70 calories.

"How many snacks can you find with only 70 calories? Thesmar asked.

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 for their dietary value. Choline is

important as a nerve cell transmitter in brain development and memory. Lutein protects against age-related macular degeneration and cataracts, and may help prevent early

atherosclerosis.

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

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 year. 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.

**Shining Through
Singing Group**
will be at
**Millwood Mennonite
Church**
Amish Road, Gap
Sunday, May 11, 7:00 P.M.

ON-FARM PROCESSING

For Value-Added Sales or for Personal Use

Process meat easily and affordably with Chop-Rite Two Meat Processors. Make sausage for your own use or to sell. Save time and money and have the freshest ground meat ever.



Call 1-800-683-5858

CHOP-RITE TWO, INC.

**MADE IN
USA
WITH PRIDE**

531 Old Skippack Rd.
Harleysville, PA 19438

on the Web:

www.chop-rite.com

LANCASTER FARMING SHIRTS OR SWEATSHIRTS

Limited
Supply
Sizes
available
Small -
Medium
Large



Shirts @ \$20

- 100% Cotton Denim Long Sleeve
- Embroidery Blue & Black
- Lancaster Farming Logo
- Button-Down Collar
- Left Shirt Pocket
- Stone Bleach Blue

**Sweatshirts
\$25**

- 90% cotton - dark Blue with embroidery With Lancaster Farming Logo



Plus \$4.50 Shipping & Handling Costs



Phone 717-721-4416 Or Mail Your Order To:
Lancaster Farming P.O. box 609LFS
1 East Main St., Ephrata, PA 17522

Or Stop @ Office - 1 East Main St., Ephrata, PA
Saves Shipping Cost!