

NO YOKE?

Adding eggs to a salad with a variety of raw vegetables



is an effective method to improve the absorption of carotenoids. Those are fat-soluble nutrients that help reduce inflammation and oxidative stress, according to research from Purdue University. “Eating a salad with a variety of colorful vegetables provides several unique types of carotenoids, including beta-carotene, lutein, zeaxanthin, and lycopene,” said Wayne Campbell, a professor of nutrition science. “The lipid contained in whole eggs (including the yoke especially) enhances the absorption of all these carotenoids.”

This research is published in the American Journal of Clinical Nutrition.

FYI:

The 2010 Dietary Guidelines for Americans recommends limiting dietary cholesterol to no more than 300 mg a day. (A single egg has almost 200 mg.) The 2015 Dietary Guidelines, to be published later this year, will no longer restrict dietary cholesterol. Why? The 2015 Dietary Guidelines Advisory Committee’s found no evidence to show a strong enough link between consuming dietary cholesterol and blood cholesterol levels. As with all medical guidelines, discuss your particular needs with your doctor.