



Healthy Living Newsletter

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The Healthy Living Newsletter is a quarterly publication provided by your local county UGA Extension office. It is prepared by Extension Family and Consumer Sciences specialists at The University of Georgia. Please contact your local UGA Extension office for more information on these and related topics.

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## Nutrition

### Eggs Are Back! The New Dietary Guidelines for Americans

The 2015 Dietary Guidelines for Americans are out! The Guidelines are written by nutrition science experts. They tell us how to make better food choices, and are updated every 5 years. For a long time, the Guidelines recommended that we eat no more than 300 milligrams of cholesterol each day. Cholesterol is found in foods that come from animals, like meat, milk and dairy foods, and eggs. Scientists thought that eating more cholesterol put more cholesterol in your blood and caused heart disease. Too much cholesterol in your blood still seems to have a part in heart disease, but scientists no longer think that 300 milligrams per day is a magic number that we should all be trying to stay under. So, the 2015 Guidelines do not set a limit on how much cholesterol we should eat. Instead, the Guidelines focus on eating more of some healthier foods and less salt, sugar, and certain kinds of fat.

When ideas that have been around for a long time change, people may wonder if nutrition experts are really experts! What's going on? You see, science depends on people working to find evidence about how things work. As the experts find more clues (evidence), their ability to see the big picture gets better. A murder mystery movie is a good example of how new clues can change ideas. Sometimes, the movie will make you think a certain person is guilty. As the detectives find more clues, you may learn that the signs point to another person! It is not until the final piece of the murder mystery falls into place that exactly the right person is charged with the crime!

Science is the same way. For a long time, cholesterol was thought to be an important criminal in heart disease. Because of new clues, scientists now think that saturated fat is the likely “crime leader” in heart disease and cholesterol in our food is a less important player in the “crime ring.”

The New Guidelines point out that removing the limit on cholesterol does not mean that cholesterol is not important. Instead, they suggest that if you eat plenty of whole grains, vegetables, and fruits, while choosing lower fat meats and low-fat and fat-free dairy foods, you should not have to worry about counting cholesterol. This change means that if you’ve been avoiding eggs, maybe you can fit these back into your healthy eating plan. Eggs are a low-cost source of protein, vitamin D, and B vitamins. Many egg dishes are easy to make and can be eaten at any meal. The following Eggs in the Garden recipe from the USDA Mixing Bowl will be a great way to put an egg in your day!

## Eggs in the Garden Recipe

*Cook time: 25 minutes*

*Makes: 4 servings*

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 4 cups fresh kale
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)



### **Directions:**

Beat eggs, pepper, and salt in large bowl, set aside.

Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)

Mix chopped onion, red bell pepper, kale, and potatoes together.

Heat oil in a 10-inch non-stick skillet. Cook vegetables for 5-8 minutes; add to eggs and mix well.

Pour egg-vegetable mixture back into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.

Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

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