

WHAT'S NEW IN NUTRITION... AND WHY!?

5 SIMPLE THINGS YOU NEED TO KNOW

Feeling confused about what to eat these days? You're not alone. Nutrition guidance seems to constantly be changing - but why? The short answer is nutrition is always evolving because new scientific studies help improve our understanding of what to eat and why.

Here are the top 5 things you must know about the latest in nutrition and U.S. Dietary Guidelines that can help you lead a healthy lifestyle.



For more nutrition information and recipe inspiration, visit www.IncredibleEgg.org.



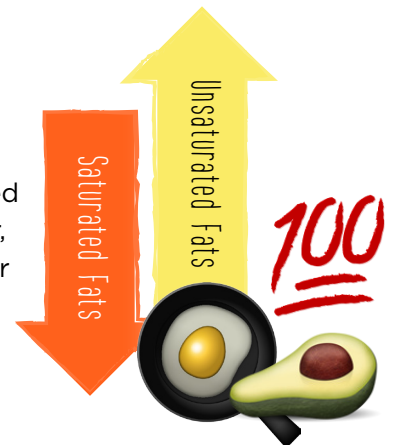
1. CHOLESTEROL LIMIT LIFTED

There is no longer a limit on dietary cholesterol. Recent studies show that it does not increase the risk for heart disease. So no fear, #PutAnEggOnIt



2. FAT QUALITY TRUMPS QUANTITY

Limit intake of saturated fats in foods like butter, but enjoy oils and other unsaturated fats from sources like eggs, avocados and olive oil.



3. ADDED SUGARS = ADDED HEALTH RISK

Limit soda, candy, cookies and similar foods with added sugars. They tend to be higher in calories and low in nutrition.



4. SWITCH UP YOUR PROTEIN ROUTINE

It's important to get your protein needs from a variety of sources including seafood, lean meats and poultry, eggs, beans, nuts and soy products.



5. ALL CARBS ARE NOT CREATED EQUAL

Opt for whole grains, like breads made with whole-wheat flour, oatmeal or brown rice, instead of refined grains. They pack a more nutritious punch, help stabilize energy levels and can keep you full longer.

