



# Health Matters

by  
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A popular misconception that **eggs** should be restricted due to their cholesterol content has been refuted by nutrition experts, who now confer there's no substantial connection between dietary cholesterol and blood cholesterol levels, like they once thought.

**Eggs** are one of nature's most complete foods, being an excellent source of protein, as well as other valuable nutrients, such as lecithin, a beneficial emulsifier of fats and choline, an essential nutrient required for optimal functioning of the brain and nervous system. In fact, research confirms that choline can even help prevent cognitive decline and/or memory loss.

Researchers at Tufts University have also found **eggs** to be a valuable source of lutein, an antioxidant shown to protect the retina and lens of the eye. Our local **eggs** are from healthy, free-range chickens free of hormones and antibiotics... and they taste delicious in omelets, quiche and your favorite baked holiday treats!

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

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FOODS MARKET**

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**Johnson City Crossing  
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