

Nutrition study worksheet assignment



**ASSIGN
BUSTER**

The topic I chose was eggs. The article (Marcela, 2011) feels organic eggs don't cause heart disease. The hens are feed vegetables and no vaccines or hormones that have made the eggs unhealthy. For Example: The hens are able to run free without being in a tight space with the other hens. Another example: Claims are made when you cook eggs the protein in the egg helps to lower your blood pressure instead of raising it.

Organic eggs are one of the best foods a person can eat to stay lately (Marcela, 2011). 2. What health claims are stated in the articles, such as drinking coffee every day will lower one's risk for cancer? The health claims in article is Organic eggs are suppose to have less cholesterol, h less saturated fat 2/3 more vitamin A, E and seven times more carotene (Marcela, 2011). They are a good source of nutrients. The other article say eaten eggs will not extended your life on earth it will decrease it (Greer, 2011). 3.

Do any of the articles' claims seem too good to be true? Does it seem that the authors are seeking personal gain in any way? Explain your answers. The article that seems too good to be true is the article on another reason to ignore warnings about eggs. I believe this person who wrote the article eats eggs and don't want to really believe the risk involved with eating eggs at all. I also believe the person who wrote the article may benefit from stating these claims. The article I feel seem to be true is (Greer, 2011)article on bad eggs.

I do also believe the person who wrote this article is a vegan who doesn't like any type of eggs or dairy products and is against hens living together in such a small place. I also believe he may feel they all come from the same place. I

feel it may be true because I do believe your cholesterol levels will go up high no matter what eggs you eat. I believe eggs could have salmonella poisoning in it and kill a lot of people as well as have people develop diabetes from eating eggs everyday. I don't believe they are a good source of proteins at all. . What are the respective sources of these articles (testimonials, peer-reviewed study)? Studies was done and 77% of women and 58% men eating one egg a day increase their chances of developing type 2 diabetes including premature death and earth failure (Greer, 2011) Studies also show eggs has nothing to do with raising a person's cholesterol levels even thou egg yolks will raise your cholesterol levels. They are also a rich source of antioxidants which helps to prevent blindness (Marcela, 2011).

5. 6.

Is the information presented in each article new or has it been studied extensively over time, achieving the same results? Both articles have been studied overtime achieving the same results this moment but both have different opinions on eggs. Department of agriculture there was a 2009 study done on eggs and how they are a DOD source of vocative peptides. In 2005 research showed how people eating eggs everyday did not increase their risk of having a heart attack and their cholesterol level did not increase. . Now that you have gone through the details of each article, do you have any reservations about the information in either one? If so, explain why. Has the process of analyzing the two articles changed your opinion on the topic? Explain your answer. Yes after analyzing the articles my opinion on eggs is very different. I use to think eggs were good for you. I am now convinced no

eggs are good for you at all to eat. Your chances of living longer on earth can be shortened.

I believe I was blinded by the commercials all my life on how eggs are nutritious for you but if you look at it they always say fresh eggs not healthy on commercials.