

Unscrambling Common Food Misconceptions

DALLAS, TEXAS, UNITED STATES, October 6, 2023 /EINPresswire.com/ -- There's an overload of food information out there and consumers are fed up with flip-flopping nutritional advice, making it difficult to know what's actually healthy.

The [American Heart Association](#), in partnership with the Egg Nutrition Center, is empowering consumers with information and tips for quick and easy meal prep utilizing eggs. The Association aims to educate consumers that eggs can be a healthy protein choice as part of a healthy diet, including correcting misinformation about cholesterol that persists across generations.

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