

## Do eggs increase cholesterol?

Egg is an important food for our nutrition and has the highest quality of protein. Egg proteins are assessed as reference proteins. Egg yolk is rich in iron, vitamins A and B.



One third (1/3) of the fatty acids from an egg is saturated, 10% is polyunsaturated and the rest is monounsaturated. Although it has a high level of cholesterol, the raising effect of egg yolk on cholesterol is less than meat or dairy, because it contains high level of unsaturated fatty acids and lecithin. Consumption of egg is limited (once-twice a week) for people with high cholesterol. Where as, for people with normal cholesterol levels, especially children, egg is a rather nutritious food that needs to be eaten often.

When eaten with vegetables and cereals, egg does not have any negative effect on blood cholesterol. People who do not eat meat can choose egg as an alternative.

Since the protein of egg is high quality and the lecithin it contains helps organize brain functions, one egg per day is essential for babies and children.

## What needs to be done to avoid the loss of iodine in salt?

In our country, extra iodine is added to table salt to avoid iodine deficiency. It should be kept in mind that salt with iodine prevents goitre but does not cure once the illness occurs. **IODIZED SALT** should be used in meals to prevent iodine deficiency related conditions, mainly goitre. This salt should be;

- Put into a dark colored glass container upon purchase,
- Protected from sunlight,
- Kept in a dark place,
- Kept dry,
- Added just before the food is done cooking,
- Used until the “best before” date on the package.

## Is the consumption of tea and coffee harmful?

Even if there are various types and amounts of nutrients in tea leaves, since the quantity consumed daily is very little and only the elements that pass into the water are taken in, tea does not have any remarkable effect on nutrition.



Unless milk is added, coffee does not have much nutritive value either. However, the tannins in tea and coffee taken along meals, bind with iron and reduce its absorption. For this reason, tea or coffee should not be drunk one hour before or after meals. While consuming tea or coffee, daily amounts need to be considered. Lemon tea or weak tea should be preferred instead of well-steeped tea.

## What needs to be done to prevent anemia?

### To protect from anemia;

- You need to have an adequate and balanced diet.
- You need to prefer foods rich in iron more.
- Having vegetables, fruits and fruit juices rich in vitamin C in every meal strengthens the absorption of iron. Especially eating food rich in iron such as chick peas, lentil, lima beans with salad or fruits will increase their nutritive values.
- Since tea and coffee inhibits iron absorption, they should not be consumed during or right after meals.

## I exercise, yet I still cannot lose weight, why?

As soon as people start exercising, they expect to lose weight and complain about not losing weight rapidly. Body weight may not change at the beginning of the exercise program; however body composition may change.



Fat mass will decrease with exercise, but the increase in other mass, especially muscle mass hampers weight loss. Upon continuing the exercise program weight loss will begin.



Even though weight loss seems modest or none at all, this change in body composition is a much desired situation. The fat mass has declined.

Changes occurring after getting used to exercising may take a month. Later on due to the loss of energy with exercise, body weight will decline as well.



## Are sour apples better for diabetes patients?

Diabetes is a syndrome characterized by elevated level of blood glucose due to deficiency of insulin hormone excreted from the pancreas or the decreased insulin action. Customized diet therapies are a must for diabetics. Their diets differ according to sex, age, physical activity, and treatment types. Therefore, daily energy and nutrient requirements of the patient is organized by the dietitians.

All fruits contain fructose and are used in certain amounts in diets. Whether the fruit is sour or sweet does not indicate that it can be consumed more or will not increase the blood glucose. They should not be consumed more than the recommended amount.



### Is it bad to dry "tarhana" (Tarhana is a kind of dried food made of yogurt and wheat flour, later to be used for making soup.) in the sun?

Tarhana is a very nutritious, traditional food. Sun-dried tarhana made from yogurt will lose most of its vitamins, mainly B<sub>2</sub>. Thus drying it in a dark place, with a light cotton cloth over it is the best choice.



tarhana  
dried



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## FREQUENTLY ASKED QUESTIONS ON NUTRITION (I)

