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Effects of Egg Fat and Corn Oil on Blood Lipids
and Fatty Acid Parameters in Adult Rats

R. A. Nelson and C. W. Carlson

Recent criticisms of eggs, milk and animal fats have caused Americans to become more aware of the type of diet they are eating. Although no well-controlled studies have shown these foods to increase the chances for a heart attack, doctors continue to advise their patients to consume less milk, eggs and animal fats.

Past experiments at this station have shown that blood cholesterol can be affected somewhat by type of dietary fat. Although these small changes in blood cholesterol are many times statistically significant, the question remains, are they physiologically important? Therefore, experiments of this type should be conducted over a longer period of time.

A study is now under way with albino rats to determine the effect of three dietary levels of egg fat (5, 10 and 20%) compared to three levels of corn oil (5, 10 and 20%) fed isocalorically for a period of 1 year or longer. Blood samples will be analyzed monthly for cholesterol and triglyceride level. The egg fat was extracted with petroleum ether and therefore contains the egg cholesterol plus all other lipids present in egg yolk.

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