

What should we eat to be healthy—and to stay that way? More fruits and vegetables. Less red and processed meat. Whole grains instead of refined. Fewer foods with added sugars or high levels of saturated fat and sodium. And foods with cholesterol, like eggs—long seen as unhealthy—are now considered OK.



That's because recent research shows only a weak link between cholesterol in the diet and blood cholesterol, and moderate egg consumption—up to one egg a day—is not associated with heart disease among healthy people.

These are some of the main recommendations from the 2015 Dietary Guidelines Advisory Committee (DGAC), which recently issued a report on how food, nutrition, and physical activity can promote the health of the U.S. population.

Many of the DGAC committee members came together, both in-person and via a live webcast, at a February 25 symposium at Harvard T.H. Chan School of Public Health. Presenters included Harvard Chan's Frank Hu, professor of nutrition and epidemiology, and committee chair. [Read more](#)

In this Q&A, Walter Willett discusses the science behind the committee's recommendation to lift restrictions on cholesterol in the diet. [Read more](#)