### News Story: **Eggs and Dairy**

Adjust time codes as needed

<table>
<thead>
<tr>
<th>Timing</th>
<th>Video</th>
<th>Audio</th>
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</thead>
</table>
| 00 – 00:12 | B-Roll – Still photo or video clip, eggs and dairy  
Background information: [http://housing.x10host.com/cholesterol_09_07_18.pdf](http://housing.x10host.com/cholesterol_09_07_18.pdf) | VO – According to a Cleveland Clinic study titled “Why You Should No Longer Worry About Cholesterol in Food,” published February 19, 2015, cholesterol is no longer something to worry about. Other studies published in highly respected *American Journal of Clinical Nutrition* and the *British Medical Journal* have similar conclusions. |
| 0:12 – 0:20 | B-Roll – Still photo, egg  
Sarabeth Kitchen omelette photo, TripAdvisor: [https://www.tripadvisor.com/LocationPhotoDirectLink-g60763-d477497-i264164072-Sarabeth_s_East-New_York_City_New_York.html](https://www.tripadvisor.com/LocationPhotoDirectLink-g60763-d477497-i264164072-Sarabeth_s_East-New_York_City_New_York.html)  
Video clip, child or adult drinking milk. | VO – Scientists who are in agreement on cholesterol are calling eggs a “highly functional food.” Eggs contain 90% usable protein and dairy contains 76%—meaning they are high in essential amino acids that need to be obtained from food. |
| 0:20 – 0:38 | B-Roll – Video clips, Aunt Bee greeting her “butter and egg” man at the kitchen door.  
Photos and URLs to video clips: see p. 17, [http://housing.x10host.com/yimby_composting_part_two_06_24_18.pdf](http://housing.x10host.com/yimby_composting_part_two_06_24_18.pdf)  
Video clip, Jonathan Archer talking to crewman Daniels about soft scrambled eggs.  
Background information, see: [http://housing.x10host.com/bay_colony_milkman.pdf](http://housing.x10host.com/bay_colony_milkman.pdf) | VO – Eggs and dairy used to be popular.  
In the 60s, 70s and 80s, TV and film characters such as Aunt Bee, Hazel, the Walton Family and the Amish family in the film *Witness* ate eggs and drank milk.  
As recent as November 28, 2001, in a *Star Trek: Enterprise* episode called “Cold Front,” fans learned that actor Scott Bakula’s character, Captain Jonathan Archer, likes soft scrambled eggs. |
| 0:38 – 0:48 | B-Roll – Video clip, or still of cheese cart (served during dessert in the film *Paris Can Wait*, see: 0:33:13)  
Cheese, picnic when a car problem occurs, see: 0:48:10  
Cheese display, French charcuterie, see: 0:57:35 | VO – What about cheese? Cheese is an example of a fermented dairy product.  
The French serve cheese after a meal where it is grouped with desserts.  
There are 350 to 450 types of French cheeses. In 2016 SONY Classics film *Paris Can Wait*, produced and directed by Eleanor Coppola, actress Diane Lane and French actor Arnaud Viard have dinner during their motor trip from Cannes to Paris. An extraordinay cheese cart is a prominent part of a scene at the conclusion of their meal.  
We also see cheese when they have an impromptu picnic during car trouble and a large display of cheese in a local charcuterie. |

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**Background information:** [http://housing.x10host.com/cholesterol_09_07_18.pdf](http://housing.x10host.com/cholesterol_09_07_18.pdf)
<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>0:48 – 0:58</td>
<td><strong>B-Roll – Video clip, or still of cheese on a tray of food in the film <em>The Hundred-Foot Journey</em>, see: 0:14:07</strong></td>
</tr>
<tr>
<td>0:48 – 0:58</td>
<td>Hassan Kadam cracking eggs to make French sauces, see: 0:45:44</td>
</tr>
<tr>
<td>0:48 – 0:58</td>
<td>(Optional) Hassan presenting French sauces to Marguerite, see: 0:47:25</td>
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<tr>
<td>0:48 – 0:58</td>
<td>(Optional) Hassan approaching Madame Mallory about making an omelette, see: 1:06:22</td>
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<tr>
<td>0:48 – 0:58</td>
<td>(Optional) Madame Mallory tasting Hassan's omelette, see: 1:08:41</td>
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<tr>
<td>0:48 – 0:58</td>
<td>(Optional) Madame Mallory tells Hassan, “You have it,” see: 1:09:01</td>
</tr>
<tr>
<td>0:48 – 0:58</td>
<td>(Optional) Madame Mallory explains why Hassan “has it,” see: 1:09:38</td>
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<tr>
<td>0:58 – 1:06</td>
<td><strong>B-Roll – Video clip of Audrey Hepburn cracking an egg with one hand in a scene in Linus' office in the 1954 film Sabrina</strong></td>
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<td>0:58 – 1:06</td>
<td>(Optional) <strong>VO – When Helen Mirren's Madame Mallory cracks an egg, she uses the one-handed technique used by Audrey Hepburn in the 1954 Billy Wilder film <em>Sabrina</em>.</strong></td>
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<tr>
<td>1:06 – 1:12</td>
<td><strong>B-Roll – Video clip of Sophia Loren with David Letterman, <a href="https://www.youtube.com/watch?v=N0-HECGJkd0">https://www.youtube.com/watch?v=N0-HECGJkd0</a></strong></td>
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<tr>
<td>1:06 – 1:12</td>
<td>Still photo, Chef Massimo Patano</td>
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<tr>
<td>1:06 – 1:12</td>
<td>(Optional) <strong>VO – Actress Sophia Loren, who said, “Good food is a celebration of life,” likes cheesecake.</strong></td>
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<tr>
<td>1:06 – 1:12</td>
<td>In an interview at The James Beard House in New York’s Greenwich Village, Chef Massimo Patano, who worked for Sophia Loren, described one of her family’s favorite cheesecakes made with Ricotta, Mascarpone, and Gorgonzola Cheese and served with Chocolate–Hazelnut Polenta, Berry Macedonia, and Vanilla–Amaretto Whipped Cream</td>
</tr>
</tbody>
</table>
1:12 – 1:24
B-Roll – Still photo, Sophia Loren, Cannes Film Festival, 2014
Video clip, Sophia Loren walking into a bar with a red dress, *Grumpy Old Men*, 1995 (available with *Grumpy Old Men* on a DVD)
VO – Loren, who was born on September 20, 1934, was 79 in this photo, taken at the 67th annual Cannes Film Festival on May 21, 2014 and played sexy roles in films in her 60s and 70s.
… Sophia Loren is proof that *you are what you eat*.

1:24 – 1:30
B-Roll – Graphic, chart
Source: Harvard Medical School's Harvard Health Publication
Background information: [http://housing.x10host.com/organic_coffee_walmart_10_06_18.pdf](http://housing.x10host.com/organic_coffee_walmart_10_06_18.pdf)
Photos/Video Clip: [https://laurenconrad.com/blog/2015/05/good-eats-smashed-berry-lavender-ricotta-toasts/](https://laurenconrad.com/blog/2015/05/good-eats-smashed-berry-lavender-ricotta-toasts/)

Star Trek Hot Milk Toddy: [https://www.youtube.com/watch?v=b9YccrVGdtk](https://www.youtube.com/watch?v=b9YccrVGdtk)
Kalona Supernatural Dairy Products (yogurt, kefir, buttermilk), Product Archives, Kalona Supernatural Web site
Walmart's Great Value Sharp Cheddar 6 oz. Block

VO – Harvard Medical School's Health Publication explains daily calcium requirements include:
1000 mg. Per day for adults
1200 mg. Per day for older adults
Reaching these totals can be best achieved with foods that are high in calcium:
• 3 Tablespoons of Ricotta Cheese, Ricotta Toast, 606 mg.
• 1 Cup of Whole Milk, 305 mg.
• 1 Cup of Yogurt, Kefir or Buttermilk, 187 mg.
• 1 Slice of Cheese, 1/6th of Walmart's Great Value Sharp Cheddar 6 oz. Block, 204 mg.

1:30 – 1:40
B-Roll – Chart,
A Healthier Michigan, Nutrition in an egg:
VO – A Healthier Michigan, sponsored by Blue Cross Blue Shield of Michigan, has created a chart that shows the extensive nutrition in an egg.

1:40 – 1:50
B-Roll – Still photo, Dr. Weston A. Price, Prices photos of members of native societies with perfect teeth.
Background information: [https://safealternatives.weebly.com](https://safealternatives.weebly.com)
Teeth:
[https://safealternatives.weebly.com/weston-a-price.html](https://safealternatives.weebly.com/weston-a-price.html)
VO – In the 1930s, a dentist from Cleveland named Weston A. Price studied 14 native societies around the world and searched for individuals with perfect teeth including Switzerland's Loetschental Valley where the milk was so high quality, Price sent samples back to the United States.
The samples that Price had analyzed were shown to be far higher in minerals and vitamins than samples of commercial dairy products analyzed from the rest of Europe and North America.
Price observed that flawless teeth are related to a nutritionally correct diet.

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