

BREAKFAST

BUILD A **BETTER *Breakfast*** WITH **EGGS**



Start the day off right with a higher protein breakfast including eggs. Compared to a bagel-based breakfast, eggs have been shown to help dieters lose more weight and feel more energetic.

Research supports the nutritional benefits of consuming eggs as part of a healthy dietary pattern. It's important to keep in mind the company eggs keep. Pair eggs with other nutritious foods such as whole grains, fruits, veggies and low-fat or fat-free dairy products.



Spread the Word

f **SHORT ON TIME?** A nutritious breakfast doesn't need to take all morning. Scramble eggs in a coffee mug and pair with your favorite fruit, vegetable and/or a glass of milk. EggNutritionCenter.org/CoffeeCupScramble

t **LOOKING TO GET MORE OUT OF BREAKFAST?** #putaneggonit for extra protein, nutrients and flavor! EggNutritionCenter.org/ExtraProtein

t **HERE ARE SOME REASONS** busy families should make time for a balanced #breakfast with eggs: EggNutritionCenter.org/Reasons

At an average price of less than 15 cents per egg, eggs are among the easiest, most nutritious and most economical breakfast foods.

KEY MESSAGES

- A protein-rich breakfast is the “weigh” to go. When compared to a bagel-based breakfast, eating eggs for breakfast can help people lose more weight, feel more energetic and eat fewer calories at lunch.^{1,2}
- On average, Americans consume a lower amount of protein at breakfast compared to lunch or dinner.³ Eating 20-40 grams of high-quality protein at meals may promote muscle protein synthesis. Each large egg provides 6 grams of protein, with nearly half in the yolk.
- Rethink the company eggs keep. Pair eggs with other nutritious foods such as whole grains, fruits, vegetables and low-fat or fat-free dairy.

REFERENCES:

1. Vander Wal JS, et al. Egg breakfast enhances weight loss. *Int J Obes (Lond)*. 2008;32(10):1545–1551.
2. Vander Wal JS, et al. Short-term effect of eggs on satiety in overweight and obese subjects. *J Am Coll Nutr*. 2005;24(6):510-5.
3. What We Eat in America, NHANES 2015-2016. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

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Your Eggs – Your Way



 BASIC FRIED EGGS

Download the Your Eggs Your Way Sheet @ EggNutritionCenter.org/YourEggsYourWay

DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT BREAKFAST.

 RECIPE IDEA



Edamame, Sweet Pea & Egg Breakfast Tortilla

Download recipe @ EggNutritionCenter.org/EdamameTortilla

 HANDOUT



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 SHAREABLE GRAPHIC



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