

# Spread the Word

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

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

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

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.

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



- 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.<sup>1, 2</sup>
- On average, Americans consume a lower amount of protein at breakfast compared to lunch or dinner.<sup>3</sup> 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:

- 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.



# **BREAKFAST**

## Your Eggs – Your Way

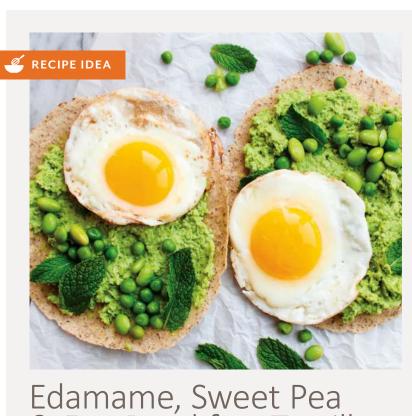






Download the Your Eggs Your Way Sheet @ EggNutritionCenter.org/YourEggsYourWay

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Edamame, Sweet Pea & Egg Breakfast Tortilla

Download recipe @ EggNutritionCenter.org/EdamameTortilla





