

Weight Control

A baker's dozen reasons to eat Eggs to achieve weight control:

Portion size: Each egg is separately wrapped in its own shell requiring no weighing or measuring.

Versatility: An egg can be prepared in thousands of ways to add interest and variety in meals and can be used to incorporate healthy vegetables.

Portable: Eggs can be eaten hot or cold after cooking, they're easy to carry around as hard cooked eggs or scrambled in a tortilla for a healthy snack or a nutritious light meal.

Satiety: Eggs reduce hunger. Research has shown that people report feeling less hungry and reduce their caloric intake after eating eggs.

High Quality Protein: When calories count it's important to make sure that the body gets the maximum benefit from the foods eaten. The protein in eggs is the highest quality of all foods and is easily digested and absorbed by the body.

Packed with nutrients: An egg is filled with balanced amounts of both vitamins and minerals in addition to nutrients like choline and lutein.

Low calorie: A large egg supplies only 74 calories or 3.7% of the Daily Value

Low sodium: A large egg supplies only 70 mg of sodium

Moderate Fat: The mixture of fat in an egg is a highly favorable balance of only 1.5g saturated with 1.9g monounsaturated and 0.7g polyunsaturated fatty acid.

Delicious: Eggs are delicious every way they are prepared and combine well with other nutrient dense foods.

Inexpensive: Eggs can be an inexpensive meal anytime of day.

Freshness: Eggs are one of the very few sources of protein that can stay safely refrigerated for 4–5 weeks without spoilage. Widely available too.

Culturally respectful: Nearly every culture uses eggs and eggs can be prepared in a style that is familiar and reflects pride in a rich ethnic heritage.