

Better Breakfast

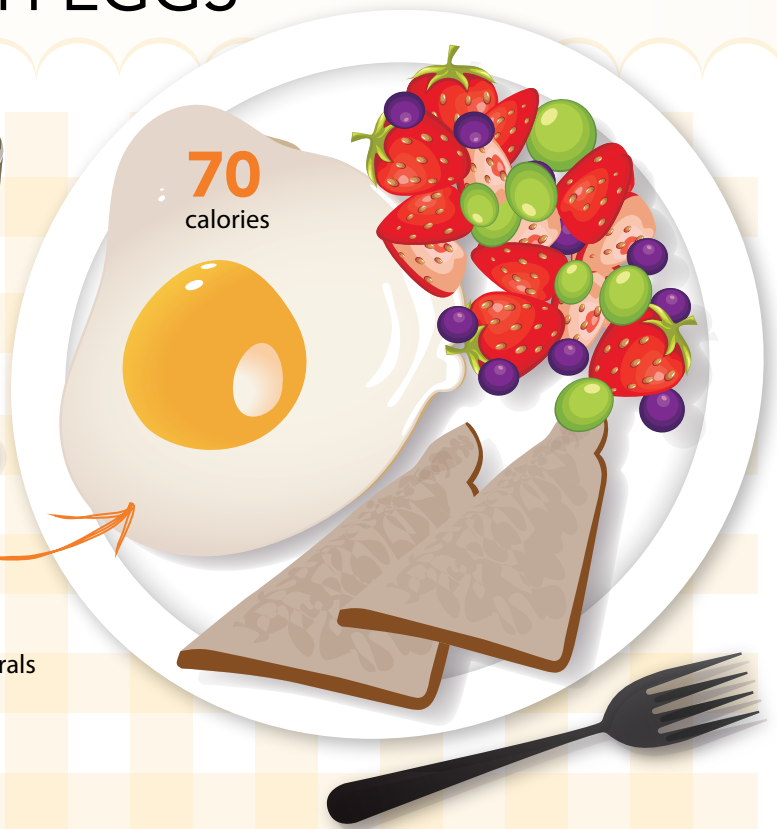
with NUTRIENT-RICH EGGS

AN ALL-NATURAL, HIGH-QUALITY PROTEIN POWERHOUSE

One large egg contains varying amounts of 13 essential vitamins and minerals, high-quality protein and antioxidants, all for 70 calories.¹ For an ideal breakfast, pair eggs with other nutrient-dense foods for a balanced plate.



13
essential
vitamins
and minerals

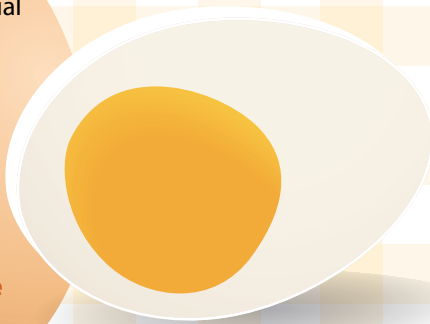


6 GRAMS of PROTEIN

One large egg provides 6 grams of protein, nearly half of which is found in the yolk.¹

Contains optimal amounts of all nine essential amino acids

Lysine
Threonine
Valine
Isoleucine
Leucine
Methionine
Phenylalanine
Tryptophan
Histidine



350 CALORIES

**33 GRAMS
OF PROTEIN**



1 Whole egg + 1 Egg white
Canadian bacon, 1 ounce
Low fat cheese, 1 ounce
English muffin, 1/2
Melon, 1/2 cup
Tomato, 1 slice
Non-fat milk, 1 cup

330 CALORIES

**13 GRAMS
OF PROTEIN**



Ready-to-eat whole-grain
Cereal, 1 cup
Non-fat milk, 1/2 cup
Banana, 1 small
Orange juice, 1/2 cup

325 CALORIES

**12 GRAMS
OF PROTEIN**



Pancakes, 2
Maple Syrup, 1 tablespoon
Strawberries, 1/2 cup
Non-fat milk, 1 cup

295 CALORIES

**3 GRAMS
OF PROTEIN**



Glazed Doughnut
Coffee, 1 cup
Cream, 1 tablespoon
Sugar, 1 teaspoon

Not all breakfasts are created equal when it comes to protein. Research shows that 20-30 grams of high-quality protein per meal may be optimal to maintain healthy muscles and bones for adults.² While each of these popular American breakfast options provides a similar amount of calories, the amount and type of protein varies greatly.

HIGH-QUALITY PROTEIN IS BENEFICIAL TO A HEALTHY DIET

RESEARCH HAS SHOWN
EATING EGGS FOR BREAKFAST COMPARED
TO EATING A BAGEL BREAKFAST HELPED
OVERWEIGHT DIETERS:³

LOSE

65% MORE
WEIGHT

REDUCE
BMI BY

61%

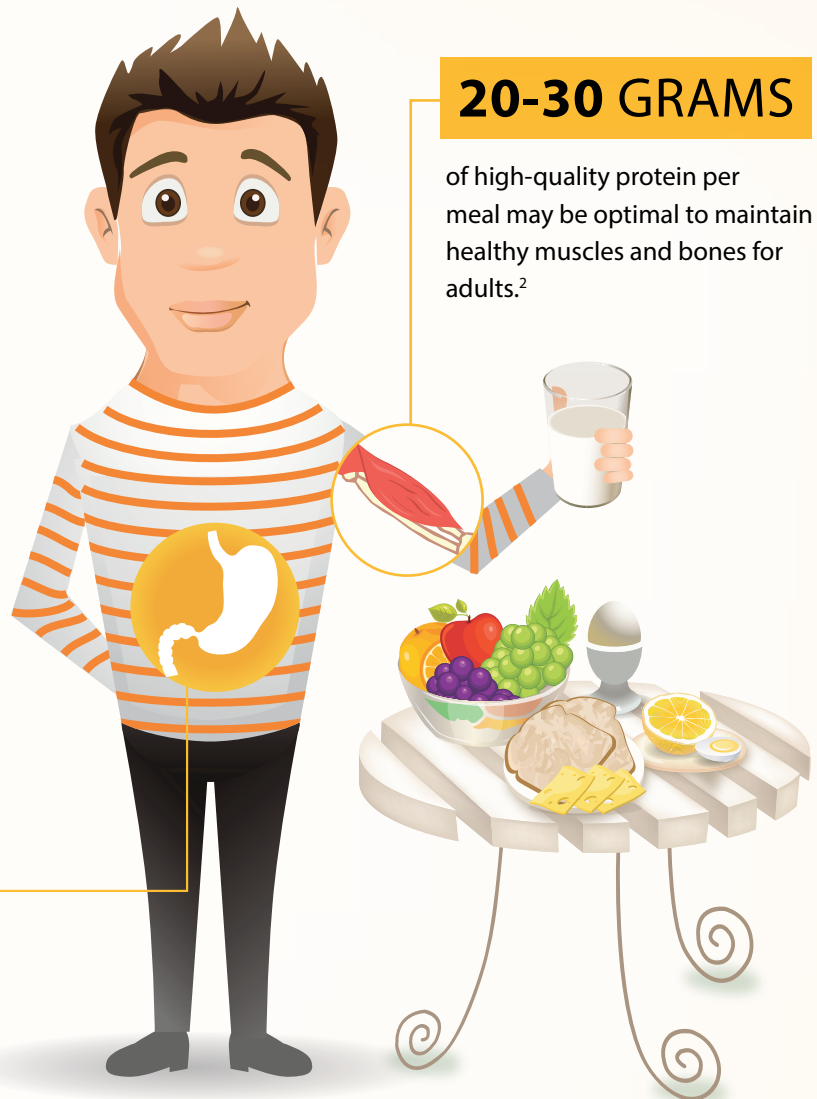
Feel more **ENERGETIC**

Compared to eating cereal, eggs provide

30% increase in
total fullness⁴

20-30 GRAMS

of high-quality protein per
meal may be optimal to maintain
healthy muscles and bones for
adults.²

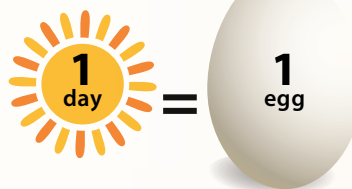


OTHER EGG-CELLENT BENEFITS

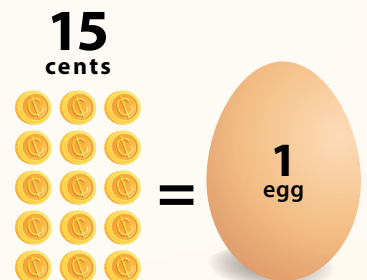
Daily egg intake may
improve cognitive
performance.⁵



Eating eggs does not negatively
impact blood cholesterol in
healthy people.⁶



Eggs are one of the
most affordable sources
of high-quality protein.⁷



Sources

1. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Basic report: 01123

2. Mamerow MM et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. J Nutr. 2014;144:876-80.

3. Vander Wal JS. Egg breakfast enhances weight loss. Int J Obes. 2008;32:1545-51.

4. Leidy HJ. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. Am J Clin Nutr. 2013;97:677-688.

5. Ylilauri MPT, et al. Association of dietary cholesterol and egg intakes with the risk of incident dementia or Alzheimer disease: the Kuopio Ischaemic Heart Disease Risk Factor Study. Am J Clin Nutr. 2016. Epub ahead of print.

6. DiMarco DM, et al. Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline While Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. Lipids. 2017;52:255-263.

7. United States Department of Agriculture. Economic Research Service. Retail data for beef, pork, poultry cuts, eggs, and dairy products.

