

Better Breakfast

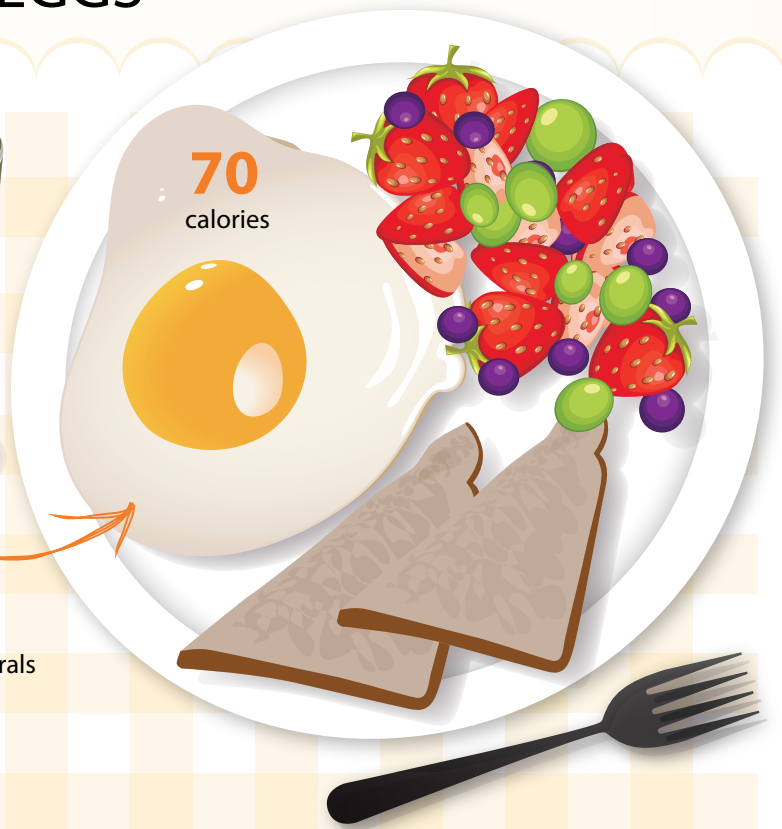
with NUTRIENT-RICH EGGS

AN
ALL-NATURAL,
HIGH-QUALITY
PROTEIN
POWERHOUSE

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

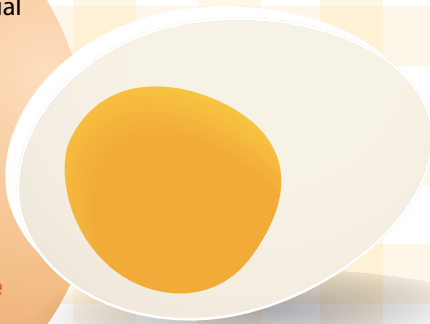


13
essential
vitamins
and minerals



Includes optimal amounts of all nine essential amino acids

- Lysine
- Threonine
- Valine
- Isoleucine
- Leucine
- Methionine
- Phenylalanine
- Tryptophan
- Histidine



6 GRAMS of PROTEIN

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

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. While each of these popular American breakfast options provides a similar amount of calories, the amount and type of protein varies greatly.

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

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:¹

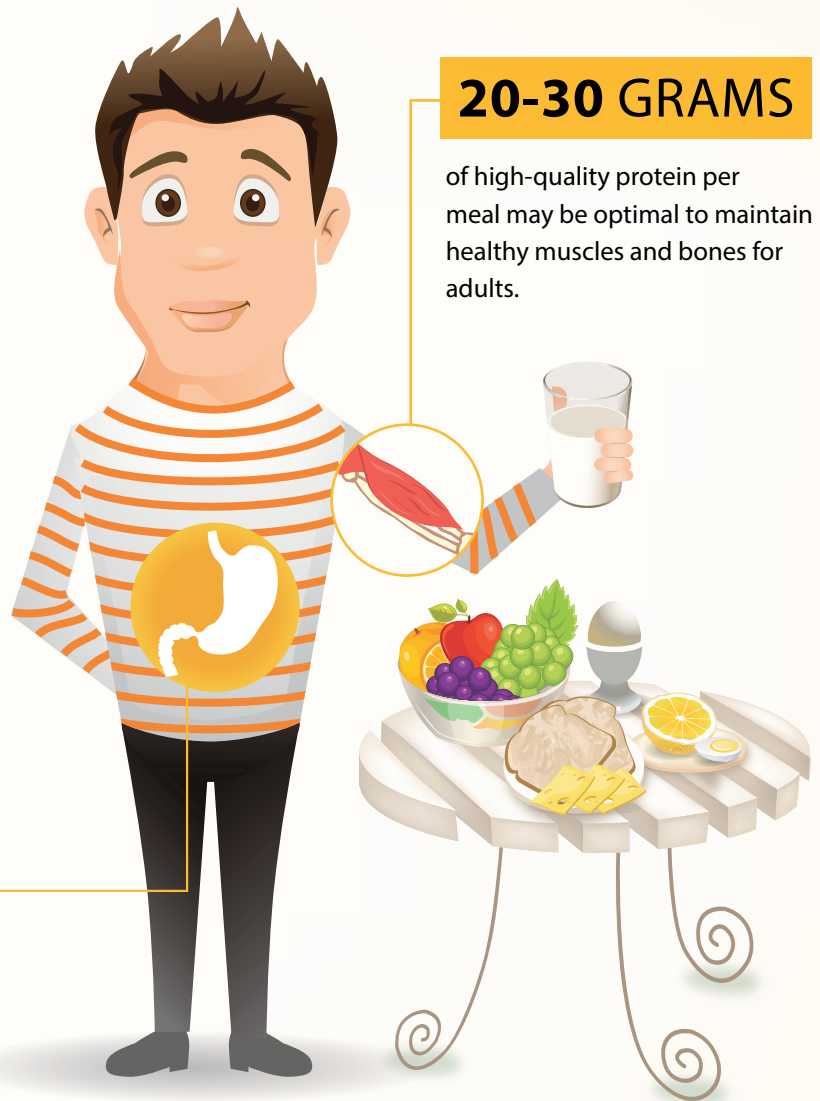
LOSE **65%** MORE WEIGHT

REDUCE BMI BY **61%**

Feel more ENERGETIC

Compared to eating cereal, eggs provide

30% increase in total fullness²



20-30 GRAMS

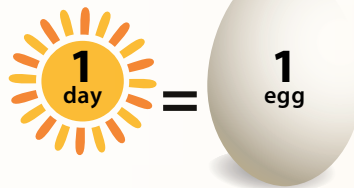
of high-quality protein per meal may be optimal to maintain healthy muscles and bones for adults.

OTHER EGG-CELLENT BENEFITS

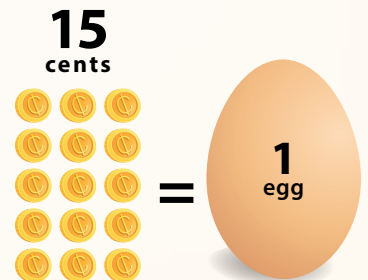
Daily egg intake may improve cognitive performance.³



Eating eggs does not negatively impact blood cholesterol in healthy people.⁴



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



Sources

1. Vander Wal JS. Egg breakfast enhances weight loss. *Int J Obes.* 2008;32:1545-51.
2. Leidy HJ. Beneficial effects of a higher-protein breakfast on the appetite, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr.* 2013;97:677-688.
3. 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.
4. 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.

