

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/

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

Start the day off right with a protein-rich breakfast. Including foods such as eggs, lean meat, nuts and low-fat dairy can improve satiety and diet quality. Compared to a grain-based breakfast, eggs have been shown to help dieters lose more weight, feel more energetic and increase fullness.

Research supports the benefits of consuming 1-2 eggs per day. 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 and most economical breakfast foods for protein and important nutrients.

O→ KEY MESSAGES

- A protein-rich breakfast is the "weigh" to go. Eating eggs for breakfast can help people lose more weight, feel more energetic and eat fewer calories at lunch.
- Most Americans don't get enough protein at breakfast.
 Eating 20-30 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.



BREAKFAST

Your Eggs – Your Way

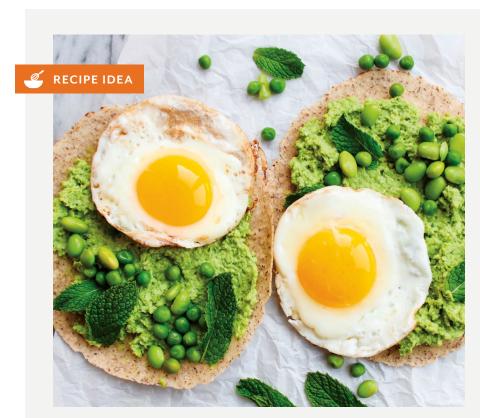






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