



# BREAKFAST

BUILD A **BETTER *Breakfast*** WITH **EGGS**

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.



## Spread the Word

**f SHORT ON TIME?** A nutritious 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/ShortOnTime](http://EggNutritionCenter.org/ShortOnTime)

**t LOOKING TO GET MORE OUT OF BREAKFAST?** #putaneggonit for extra protein, nutrients and flavor! [EggNutritionCenter.org/ExtraProtein](http://EggNutritionCenter.org/ExtraProtein)

**t HERE ARE SOME REASONS** busy families should make time for a balanced #breakfast with eggs: [EggNutritionCenter.org/Reasons](http://EggNutritionCenter.org/Reasons)

### 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.

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## Your Eggs – Your Way

### BASIC FRIED EGGS



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** OR **ORDER** THESE EGG NUTRITION CENTER RESOURCES  
FOR MORE *Delicious* TIPS AND NEWS ABOUT BREAKFAST.

### RECIPE IDEA



## Edamame, Sweet Pea & Egg Breakfast Tortilla

Download recipe @ [EggNutritionCenter.org/EdamameTortilla](https://EggNutritionCenter.org/EdamameTortilla)

### HANDOUT



BETTER BREAKFAST  
[EggNutritionCenter.org/BetterBreakfast](https://EggNutritionCenter.org/BetterBreakfast)

### SHAREABLE GRAPHIC



PUT AN EGG ON IT LOGO  
[EggNutritionCenter.org/PutAnEggOnIt](https://EggNutritionCenter.org/PutAnEggOnIt)

Access the references list at [EggNutritionCenter.org/ToolkitCitations](https://EggNutritionCenter.org/ToolkitCitations)



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