# PROTEIN

EGGS ARE AN *All-Natural*, HIGH-QUALITY PROTEIN POWERHOUSE

Packed with 6 grams of protein per large egg and all nine essential amino acids- eggs are an MVP (Most Valuable Protein\*).

There are many benefits of including high-quality protein in an overall healthy diet. Protein helps build and maintain muscle tissue in adults. Diets rich in high-quality protein have also been shown to help people feel full and satisfied after eating, control their appetite and manage their body weight.

## Spread the Word

## NOTHING SAYS LUNCH LIKE A PROTEIN-PACKED PANINI!

This egg sandwich is ready in just 15 minutes and contains 19 grams of protein. Perfect to include in an on-the-go meal: EggNutritionCenter.org/LunchPanini

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#### **BAGEL BREAKFAST?**

Skip the cream cheese and #putaneggonit. 26 grams of protein in this recipe! EggNutritionCenter.org/BagelBreakfast



#### IS YOUR PROTEIN AN MVP?

Learn the benefits of high-quality protein: EggNutritionCenter.org/ProteinMVP

#### O- KEY MESSAGES

- Egg proteins are easily digested, especially when cooked, and contain all of the essential amino acids.
- Research shows that eating meals with 20-30 grams of protein, such as egg protein, helps promote muscle protein synthesis.
- Nearly half of the egg's protein is in the yolk. So eat the whole egg for all the protein.



\*Egg proteins, like milk and beef proteins, are readily digestible and contain all of the essential amino acids.



## PROTEIN

## Your Eggs – Your Way







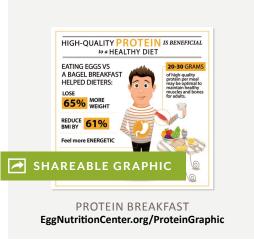
Download the Your Eggs Your Way Sheet @ EggNutritionCenter.org/YourEggsYourWay

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Mixed Vegetable Frittata Download recipe @ EggNutritionCenter.org/MixedVegetableFrittata







Access the references list at EggNutritionCenter.org/ToolkitCitations