

Vander Wal JS, Gupta A, Khosla P, Dhurandhar NV. Egg breakfast enhances weight loss. *Int J of Obesity* 2008;32:1545-51.

OBJECTIVE: To test the hypotheses that an egg breakfast, in contrast to a bagel breakfast matched for energy density and total energy, would enhance weight loss in overweight and obese participants while on a reduced-calorie weight loss diet.

SUBJECTS: Men and women ($n=152$), age 25–60 years, body mass index (BMI) ≥ 25 and ≤ 50 kg m⁻².

DESIGN: Otherwise healthy overweight or obese participants were assigned to Egg (E), Egg Diet (ED), Bagel (B) or Bagel Diet (BD) groups, based on the prescription of either an egg breakfast containing two eggs (340 kcal) or a breakfast containing bagels matched for energy density and total energy, for at least 5 days per week, respectively. The ED and BD groups were suggested a 1000 kcal energy-deficit low-fat diet, whereas the B and E groups were asked not to change their energy intake.

RESULTS: After 8 weeks, in comparison to the BD group, the ED group showed a 61% greater reduction in BMI (-0.95 ± 0.82 vs -0.59 ± 0.85 , $P<0.05$), a 65% greater weight loss (-2.63 ± 2.33 vs -1.59 ± 2.38 kg, $P<0.05$), a 34% greater reduction in waist circumference ($P<0.06$) and a 16% greater reduction in percent body fat (P =not significant). No significant differences between the E and B groups on the aforementioned variables were obtained. Further, total cholesterol, high-density lipoprotein cholesterol, low-density lipoprotein cholesterol and triglycerides, did not differ between the groups.

CONCLUSIONS: The egg breakfast enhances weight loss, when combined with an energy-deficit diet, but does not induce weight loss in a free-living condition. The inclusion of eggs in a weight management program may offer a nutritious supplement to enhance weight loss.