

Egg Nutrition Center



Protein Research

Pelletier, X, Thouvenot P, Belbraouet S, Chayvialle JA, Hanesse B, Mayeux D, Debry G. Effect of egg consumption in healthy volunteers: influence of yolk, white or whole-egg on gastric emptying and on glycemic and hormonal responses. *Ann Nutr Metab* 1996;40:109-15.

The effects of the ingestion of 2 whole eggs (E), 2 egg whites, 2 egg yolks (Y), or no eggs with a standard breakfast on gastric emptying, glycemic and hormonal responses have been studied in 12 healthy young males. E and Y induce a significant delay of gastric emptying, together with reduced blood glucose and insulin peaks (Y). Egg ingestion, whatever the part, increases gastric inhibitory peptide level in blood. Cholecystokinin is enhanced after E or Y ingestion. The results indicate that egg ingestion, especially yolk ingestion, may be of interest in regulating metabolic variables of glucose metabolism.