Eating eggs may improve cognitive performance ²

When children ate a protein-rich breakfast containing eggs they felt fuller and ate roughly 70 fewer calories at lunch versus after they ate cereal or oatmeal for breakfast.³

Early introduction of food allergens, like eggs, around 4-6 months, or when a baby is developmentally ready, may help decrease the child’s risk of developing an allergy to those foods.⁴

When healthy adults ate a high-protein egg breakfast, they were more full and ate 135 fewer calories at a subsequent lunch versus when they ate a lower-protein cereal breakfast.⁵

Research suggests eggs can be part of a heart-healthy diet. A recent review showed eating eggs may reduce the risk of stroke by 12 percent.⁶

RESEARCH COMING SOON...

- Effects of daily egg consumption on nutrient intakes in children and adults.
- Relationship between egg intake and bone strength in children.
- Effect of daily egg intake on weight loss in overweight and obese children.

Sources