Recent ENC-Funded Research Publications


• Baum JJ, Gray M, Binns A. Breakfasts Higher in Protein Increase Postprandial Energy Expenditure, Increase Fat Oxidation, and Reduce Hunger in Overweight Children from 8 to 12 Years of Age. J Nutr. 2015;145:2229-35.


Rueda JM, Khosla P. Impact of Breakfasts (with or without Eggs) on Body Weight Regulation and Blood Lipids in University Students over a 14-Week Semester. Nutrients. 2013;5:5097-113.


• Tang M, Leidy HJ, Campbell WW. Regional, but not total, body composition changes in overweight and obese adults consuming a higher protein, energy-restricted diet are sex specific. Nutr Res. 2013;33:629-35.


