**Better Breakfast**

**WITH PROTEIN-RICH EGGS**

An **ALL-NATURAL, HIGH-QUALITY PROTEIN POWERHOUSE**

One egg contains 13 essential vitamins and minerals, high-quality protein and antioxidants, and boasts only 70 calories.

For an ideal breakfast, pair eggs with other nutrient-dense foods for a balanced plate.

**Contains optimal amounts of all nine essential amino acids**
- Lysine
- Threonine
- Valine
- Isoleucine
- Leucine
- Methionine
- Phenylalanine
- Tryptophan
- Histidine

**6 GRAMS OF PROTEIN**

One egg provides 6 grams of protein, nearly half of which is found in the yolk.

Not all breakfasts are created equal when it comes to protein. Research shows that 25–30 grams of high-quality protein per meal may be optimal to maintain healthy muscles and bones for adults. While each of these popular American breakfast options provides a similar amount of calories, the amount and type of protein varies greatly.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Calories</th>
<th>Protein</th>
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</thead>
<tbody>
<tr>
<td>1 Whole egg + 1 Egg white</td>
<td>350</td>
<td>33 GRAMS</td>
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<tr>
<td>Canadian bacon, 1 ounce</td>
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<tr>
<td>Low fat cheese, 1 ounce</td>
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<tr>
<td>English muffin, 1/2</td>
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<tr>
<td>Melon, 1/2 cup</td>
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<tr>
<td>Tomato, 1 slice</td>
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<tr>
<td>Non-fat milk, 1 cup</td>
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<td></td>
</tr>
<tr>
<td>Ready-to-eat whole-grain Cereal, 1 cup</td>
<td>330</td>
<td>13 GRAMS</td>
</tr>
<tr>
<td>Non-fat milk, 1/2 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana, 1 small</td>
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<td></td>
</tr>
<tr>
<td>Orange juice, 1/2 cup</td>
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<td></td>
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<tr>
<td>Pancakes, 2</td>
<td>325</td>
<td>12 GRAMS</td>
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<tr>
<td>Maple Syrup, 1 tablespoon</td>
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<td></td>
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<tr>
<td>Strawberries, 1/2 cup</td>
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<tr>
<td>Non-fat milk, 1 cup</td>
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<td></td>
</tr>
<tr>
<td>Glazed Doughnut</td>
<td>295</td>
<td>3 GRAMS</td>
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<tr>
<td>Coffee, 1 cup</td>
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<tr>
<td>Cream, 1 tablespoon</td>
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</tr>
<tr>
<td>Sugar, 1 teaspoon</td>
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</tbody>
</table>

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Lysine
Threonine
Valine
Isoleucine
Leucine
Methionine
Phenylalanine
Tryptophan
Histidine

Contains optimal amounts of all nine essential amino acids.
HIGH-QUALITY PROTEIN IS BENEFICIAL TO A HEALTHY DIET

RESEARCH HAS SHOWN EATING EGGS FOR BREAKFAST COMPARED TO EATING A BAGEL BREAKFAST HELPS OVERWEIGHT DIETERS

LOSE 65% MORE WEIGHT
REDUCE BMI BY 61% MORE
Feel more energetic

Compared to eating cereal eggs provide
30% increase in total fullness
50% greater satiety index score

Healthy individuals can enjoy an egg a day without increasing blood cholesterol levels.

Eggs are one of the most affordable sources of high-quality protein.

Sources

Egg Nutrition Center
eggnutritioncenter.org