

This edition of the Nutrition Research Update features an article by Texas Tech University graduate student, Dylan Bailey. Dylan is in the Department of Nutrition Sciences in the laboratory of Dr. Nik Dhurandhar, chairman of the department and current president of The Obesity Society. Dylan describes an upcoming research project investigating the effect of protein quality measures of satiety and weight loss, as well as the rationale for investigating this question. Results of this interesting study are expected in 2016.

We are committed to featuring new and exciting research in the Nutrition Research Update on topics relevant to optimal health and disease prevention, and hope the content presented here will continue to facilitate further research and development in health and nutrition. If you have any questions or comments regarding the present content, or suggestions for future feature articles, please feel free to contact us at info@eggnutrition.org.

Regards,



Tia M. Rains, PhD
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SPECIAL FEATURE

Get yolked: Can eggs serve as a dietary aid for the management of obesity?

Finding approaches to effectively combat obesity remains a significant public health undertaking of the 21st century. Currently, the low-calorie diet is a widely employed intervention for obesity treatment and management. (1) In the short-term, such a diet produces modest losses (4.9 kg at 6 months), but is often followed by plateau and weight regain in the long-term. (2) Moreover, voluntarily restricting calories over longer durations is highly challenging and alters diet adherence. (3 - 6)

While this method results in some degree of weight loss and maintenance for most, barriers to amplifying its effectiveness exist. Could better strategies be developed to enable those using a reduced-calorie diet for weight loss to make a more natural leap over predictable barriers? Enter satiety, breakfast, and the role of higher quality protein (HQP) sources.

Increasing compliance to weight loss diets by incorporating foods of high satiety value is a novel strategy to promote measurable weight loss. Interestingly, foods containing protein are proving to be dependable choices because of their positive influence on satiety and modulation of hunger and fullness hormones, which may help some individuals control food...[read full article](#).

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Kawada T. [Egg consumption and incident type 2 diabetes: are there any advantages to excessive consumption of eggs?](#) *Am J Clin Nutr.* 2015;102:974.

Fuller NR, Sainsbury A, Caterson ID, Markovic TP. [Egg Consumption and Human Cardio-Metabolic Health in People with and without Diabetes](#). *Nutrients*. 2015;7:7399-420.

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Protein/Macronutrient Composition

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Gonzalez AM, Hoffman JR, Jajtner AR, Townsend JR, Boone CH, et al. [Protein supplementation does not alter intramuscular anabolic signaling or endocrine response after resistance exercise in trained men](#). *Nutr Res.* 2015;35:990-1000.

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Get yolked: Can eggs serve as a dietary aid for the management of obesity?

By:
Dylan Bailey, B.S.

Dylan Bailey is currently a graduate student in the Department of Nutritional Sciences at Texas Tech University. His research focuses on discovering effective solutions for obesity treatment and management.



Finding approaches to effectively combat obesity remains a significant public health undertaking of the 21st century. Currently, the low-calorie diet is a widely employed intervention for obesity treatment and management. (1) In the short-term, such a diet produces modest losses (4.9 kg at 6 months), but is often followed by plateau and weight regain in the long-term. (2) Moreover, voluntarily restricting calories over longer durations is highly challenging and alters diet adherence. (3 - 6)

While this method results in some degree of weight loss and maintenance for most, barriers to amplifying its effectiveness exist. Could better strategies be developed to enable those using a reduced-calorie diet for weight loss to make a more natural leap over predictable barriers? Enter satiety, breakfast, and the role of higher quality protein (HQP) sources.

Increasing compliance to weight loss diets by incorporating foods of high satiety value is a novel strategy to promote measurable weight loss. Interestingly, foods containing protein are proving to be dependable choices because of their positive influence on satiety and modulation of hunger and fullness hormones, which may help some individuals control food intake. (7 - 8)

Research shows us that high quantity protein diets assist with weight loss and improve body composition, (9) but with unremarkable long-term effects. (10) This could be because diets with reduced energy content have skewed protein amounts and quality based on total calories, not on lean tissue mass, or as a function of individual meals. (11) Hence, the desirable attributes of HQP are not maximized, possibly causing limited diet compliance and ineffective preservation of metabolically active tissue. By augmenting the presence and strategizing timing of HQP during the day, a conceivable adjunct to following lower calorie diets may be produced to enhance weight management.

Breakfast is a target meal to begin introducing HQP sources, and eggs appear to be an ideal candidate. Upon waking, the body is primed for repletion of protein to stimulate lean tissue synthesis and maintenance. (11) Breakfast also serves as a strategic platform to regulate food intake and appetite throughout the day, rather than at later mealtimes, when a majority of the day's calories have already been consumed. And being a ubiquitous breakfast food, eggs are a fitting HQP source considered high in PDCAAS (protein digestibility corrected amino acid score) and leucine, which is a valuable amino acid for regulating appetite, satiety and functionality of lean tissue. (11 - 12)

Research on eggs at breakfast and weight loss has delved into the following areas: general satiety, enhancement of weight loss, and higher quality protein-induced satiety. A short-term study fed 30 overweight and obese women either a bagel (BB) or egg (EB) breakfast in random order. (14) Despite similarities in energy and weight, EB subjectively enhanced satiety and significantly lowered energy intake at lunch when compared to the BB. However, these promising results and their implications must be interpreted in the context of limited exposure to eggs. To validate the notion that eggs might serve as an aid for enhanced weight loss, a longer-term study is required.

Curiously, Vander Wal and colleagues fed 152 overweight and obese men and women breakfasts over eight weeks. (15) Egg (E) and Bagel (B) groups kept eating patterns routine while Egg Diet (ED) and Bagel Diet (BD) groups followed a 1,000 kcal deficient low-fat diet. No differences in weight related variables for non-dieting groups were observed. In dieting groups, however, the ED produced a 61% reduction in BMI, 65% greater reduction in weight, and 34% greater reduction in waist circumference compared to BD. The mechanisms responsible for these results remain unclear. Breakfasts were matched for energy density and total energy, but the protein content of E/ED was 4 grams higher than B/BD. Hence, the question remains: was the beneficial effect of eggs due to its superior protein quality or quantity?

Protein quality, food intake, and indices of satiety have recently been investigated. (16) Twenty obese or overweight adults received a cereal breakfast (CB) or egg breakfast (EB) for one week, each of the same energy density and macronutrient composition, but differing protein quality. It was found that subjective feelings of fullness were greater 30 minutes after consuming the EB versus CB, but was not significant at the week's end. Compared to the CB, the EB, albeit temporarily, also favorably influenced blood satiety and hunger hormones. HQP seems to induce satiety, which may enhance compliance to weight loss diets for some and optimize weight loss. That said, experimentally testing the effects of HQP while following a reduced-calorie diet is still needed.

Given this, our present short-term study will determine if consuming a breakfast with superior protein quality, when following a reduced calorie diet, will enhance weight loss and satiety compared to a breakfast with lower protein quality but similar energy density and macronutrient composition. It is hoped that these data will be used to develop a long-term trial to gauge weight loss enhancement by HQP foods.

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