Better Breakfast with NUTRIENT-RICH EGGS

An ALL-NATURAL, HIGH-QUALITY PROTEIN POWERHOUSE

One large egg includes varying amounts of 13 essential vitamins and minerals, high-quality protein and antioxidants, all for 70 calories. For an ideal breakfast, pair eggs with other nutrient-dense foods for a balanced plate.

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

One large 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 20-30 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>Breakfast Option</th>
<th>Calories</th>
<th>Grams of Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Whole egg + 1 Egg white, Canadian bacon, 1 ounce</td>
<td>350</td>
<td>33</td>
</tr>
<tr>
<td>Low fat cheese, 1 ounce, English muffin, 1/2 Melon, 1/2 cup Tomato, 1 slice, Non-fat milk, 1 cup</td>
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<tr>
<td>Ready-to-eat whole-grain Cereal, 1 cup Non-fat milk, 1/2 cup Banana, 1 small Orange juice, 1/2 cup</td>
<td>330</td>
<td>13</td>
</tr>
<tr>
<td>Pancakes, 2 Maple Syrup, 1 tablespoon Strawberries, 1/2 cup Non-fat milk, 1 cup</td>
<td>325</td>
<td>12</td>
</tr>
<tr>
<td>Glazed Doughnut Coffee, 1 cup Cream, 1 tablespoon Sugar, 1 teaspoon</td>
<td>295</td>
<td>3</td>
</tr>
</tbody>
</table>
Eggs are one of the most affordable sources of high-quality protein.

Compared to eating cereal, eggs provide a 30% increase in total fullness.1

Research has shown that eating eggs for breakfast helped overweight dieters:

- Lose 65% more weight.
- Reduce BMI by 61%.
- Feel more energetic.

Eating eggs does not negatively impact blood cholesterol in healthy people.4

Daily egg intake may improve cognitive performance.3

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20-30 grams of high-quality protein per meal may be optimal to maintain healthy muscles and bones for adults.

Other egg-cellent benefits:

- Eating eggs does not negatively impact blood cholesterol in healthy people.
- Daily egg intake may improve cognitive performance.
- Eggs are one of the most affordable sources of high-quality protein.

Sources: