

BREAKFAST

BUILD A **BETTER *Breakfast*** WITH **EGGS**



Start the day off right with a protein-rich breakfast. Including foods such as eggs, lean meat, nuts and low-fat dairy can improve satiety and diet quality. Compared to a grain-based breakfast, eggs have been shown to help dieters lose more weight, feel more energetic and increase fullness.

Research supports the benefits of consuming 1-2 eggs per day. It's important to keep in mind the company eggs keep. Pair eggs with other nutritious foods such as whole grains, fruits, veggies, and low-fat or fat-free dairy products.

At an average price of less than 15 cents per egg, eggs are among the easiest and most economical breakfast foods for protein and important nutrients.



Spread the Word

f **SHORT ON TIME?** A nutritious breakfast doesn't need to take all morning. Scramble eggs in a coffee mug and pair with your favorite fruit, vegetable and/or a glass of milk. EggNutritionCenter.org/ShortOnTime

t **LOOKING TO GET MORE OUT OF BREAKFAST?** #putaneggonit for extra protein, nutrients and flavor! EggNutritionCenter.org/ExtraProtein

t **HERE ARE SOME REASONS** busy families should make time for a balanced #breakfast with eggs: EggNutritionCenter.org/Reasons

KEY MESSAGES

- A protein-rich breakfast is the “weigh” to go. Eating eggs for breakfast can help people lose more weight, feel more energetic and eat fewer calories at lunch.
- Most Americans don't get enough protein at breakfast. Eating 20-30 grams of high-quality protein at meals may promote muscle protein synthesis. Each large egg provides 6 grams of protein, with nearly half in the yolk.
- Rethink the company eggs keep. Pair eggs with other nutritious foods such as whole grains, fruits, vegetables, and low-fat or fat-free dairy.

BREAKFAST

Your Eggs – Your Way

BASIC FRIED EGGS



Download the Your Eggs Your Way Sheet @ EggNutritionCenter.org/YourEggsYourWay

DOWNLOAD OR **ORDER** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT BREAKFAST.

RECIPE IDEA



Edamame, Sweet Pea & Egg Breakfast Tortilla

Download recipe @ EggNutritionCenter.org/EdamameTortilla

HANDOUT



BETTER BREAKFAST
EggNutritionCenter.org/BetterBreakfast

SHAREABLE GRAPHIC



PUT AN EGG ON IT LOGO
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Access the references list at EggNutritionCenter.org/ToolkitCitations



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