

HEALTHY EATING PATTERNS

EGGS CAN PLAY A ROLE IN *Weight Management*

Spread the Word

f **A HIGHER PROTEIN DIET CAN HELP MANAGE HUNGER AND KEEP YOU SATISFIED.** Making small changes, eating balanced meals and being active can also help with weight management.
EggNutritionCenter.org/KeepSatisfied

t **EGGS & VEGGIES MAKE A NUTRITIOUS & SATISFYING MEAL.** Try poaching eggs in a flavorful tomato sauce in this green twist on shakshuka!
EggNutritionCenter.org/ShakshukaTwist

t **ADD VOLUME** to noodle dishes by adding spiralized vegetables, like zucchini. And #putaneggonit for protein:
EggNutritionCenter.org/Spiralized

With two-thirds of Americans being overweight or obese, it is no surprise that there is an overwhelming amount of nutrition and weight loss advice. However, eating well doesn't need to be complicated. Instead of cutting out certain items, focus on including nutritious foods, like eggs, vegetables, whole grains, and fruits. Eggs are naturally nutrient-rich and are nature's form of portion control with only 70 calories in a large egg.

Additionally, research highlights the importance of a higher protein diet and satiety. Protein, and eggs specifically, at breakfast has been shown to keep people feeling full when compared to a bagel-based breakfast which may be helpful for those following a weight loss diet.



KEY MESSAGES

- One study found that eating eggs for breakfast compared to eating a bagel breakfast helped overweight dieters lose more weight and feel more energetic.¹
- A higher protein diet can help people feel full and maintain a healthy weight. Eggs are a good source of all-natural, high-quality protein.

REFERENCES:

1. Vander Wal JS. Egg breakfast enhances weight loss. *Int J Obes.* 2008;32:1545-51



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 MICROWAVE BREAKFAST SCRAMBLE VIDEO

Watch the video @ IncredibleEgg.org/MicrowaveBreakfastScramble

DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT WEIGHT MANAGEMENT AND KEEPING YOUR DIET ON TRACK.

 RECIPE IDEA



Zucchini Noodles with Poached Egg Topper

Download recipe @ EggNutritionCenter.org/ZucchiniNoodles

 HANDOUT



EGGS BELONG IN A WEIGHT LOSS DIET
EggNutritionCenter.org/EggsWeightLoss

 SHAREABLE GRAPHIC



NUTRIENT ABSORPTION
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