



# PROTEIN

## EGGS ARE AN *All-Natural*, HIGH-QUALITY PROTEIN POWERHOUSE

With 6 grams of high-quality protein per large egg and all nine essential amino acids, eggs are an MVP (Most Valuable Protein\*).

Protein is an important part of an overall healthy diet. This macronutrient helps build and maintain muscle tissue in adults. Diets higher in protein have also been shown to help people feel full and satisfied after eating, helping to control their appetite and support a healthy body weight.

## Spread the Word

### **NOTHING SAYS LUNCH LIKE A PROTEIN-PACKED SANDWICH!**

This egg sandwich is ready in just 15 minutes and contains 21 grams of protein. Mix things up at lunch with this not-so-classic recipe: [EggNutritionCenter.org/EggSandwich](http://EggNutritionCenter.org/EggSandwich)

### **EATING ON-THE-GO?**

Roll your salad into a wrap and power through the day. 38 grams of protein in this recipe! [EggNutritionCenter.org/OnTheGo](http://EggNutritionCenter.org/OnTheGo)

### **IS YOUR PROTEIN A MVP?**

Learn the benefits of high-quality protein: [EggNutritionCenter.org/ProteinMVP](http://EggNutritionCenter.org/ProteinMVP)

### KEY MESSAGES

- Eggs contain high-quality protein with all of the essential amino acids.
- Research shows that eating meals with 20-40 grams of protein, such as egg protein, helps promote muscle protein synthesis.
- Nearly half of the egg's protein is in the yolk. So eat the whole egg for all the protein.



\*Egg proteins, like milk and beef proteins, are readily digestible and contain all the essential amino acids.

# PROTEIN

## Your Eggs – Your Way



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT PROTEIN.

### RECIPE IDEA



## Mixed Vegetable Frittata

Download recipe @ [EggNutritionCenter.org/MixedVegetableFrittata](https://EggNutritionCenter.org/MixedVegetableFrittata)

### HANDOUT



EGG PROTEIN: A MOST VALUABLE PROTEIN  
[EggNutritionCenter.org/ProteinFactSheet](https://EggNutritionCenter.org/ProteinFactSheet)

### HANDOUT



PROTEIN & PERFORMANCE  
[EggNutritionCenter.org/GetProtein](https://EggNutritionCenter.org/GetProtein)

