

FUELING FITNESS WITH PROTEIN

Aiming to meet new fitness goals in the New Year? Nutrient-rich eggs can help! Foods like chicken, salmon, milk, and eggs all have high-quality protein and the essential amino acids needed to help maintain and repair muscle while supporting brain health. Combine protein foods with carbohydrates post-workout to help refuel and optimize recovery. Try avocado and egg on whole-grain toast with a glass of milk or a breakfast burrito with scrambled eggs and black beans. Aim for 20 to 40 grams of protein at each meal and don't forget the fruits, vegetables, and whole grains!

VIDEO/RADIO SCRIPT



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