

## A Dozen Reasons to LOVE Eggs

When it comes to convenient, affordable and nutritious foods, eggs deliver the perfect package.

Eggs play a significant role in mind and body energy, weight management, muscle strength, brain function, eye health and more! Whip up an individual [microwave scramble](#) in no time, or prepare the perfect [hard-boiled eggs](#) – either way you can't go wrong.

### A DOZEN reasons why eggs should be a part of your daily breakfast routine:

- **Powerful Package.** Eggs are a nutritional powerhouse, with one egg containing 6 grams of high-quality protein and nine essential amino acids, all for 70 calories. Eggs are also one of the few foods that are a naturally good source of Vitamin D, nothing artificial.
- **Essential Nutrient.** One egg contains about 125 milligrams of choline, making it an excellent source of this essential nutrient required for life's most basic functions, such as normal cell activity, liver function and transporting nutrients throughout the body.
- **No Added Sugar.** Eggs contain no sugar or carbohydrates, unlike most cereals and yogurt.
- **Protein Power.** Eggs are all natural and one of the highest quality proteins available. The high-quality protein in eggs provides the “building blocks” your body needs to grow and perform properly. The amount and quality of protein you eat directly affects muscle mass, strength and function; when eaten after exercise, protein encourages muscle tissue repair and growth.<sup>i</sup>
- **Breakfast Boost.** Research shows eating high-quality protein foods for breakfast, like eggs, can help you and your family feel more energized and satisfied throughout the day as compared to eating more protein at lunch or dinner.<sup>ii</sup> Multiple scientific studies demonstrate the cognitive benefits of eating breakfast, such as improved memory recall time, improved grades and higher test scores.<sup>iii iv</sup>
- **Eggs Make Cents.** Eggs are very affordable compared to other high-quality protein foods. Around \$0.15 each, eggs are the least expensive source of high-quality protein per serving.
- **Long Lasting Energy.** Starting the day with a high-quality protein breakfast like eggs can help provide sustained mental and physical energy throughout the day.
- **Cholesterol Recommendations.** The 2015 Dietary Guidelines Advisory Committee's Scientific Report, in contrast to earlier guidance, makes no specific dietary cholesterol recommendation and states that cholesterol is not a nutrient of concern for overconsumption – a stance that is consistent with recommendations of other expert groups like the American Heart Association and the American College of Cardiology.<sup>viii, ix</sup>
- **Incredible Weight Loss Results.** High-quality protein, like the protein in eggs, can help with weight loss. Research suggests that eating eggs for breakfast may help health-conscious dieters lose, lower their body mass index and shrink their waist more than eating a bagel breakfast of equal calories.<sup>v</sup>

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**Eggs-cellent Vision.** Two key antioxidants found in eggs may help prevent macular degeneration, a leading cause of age-related blindness. While eggs contain small amounts of these two nutrients, research shows that the lutein and zeaxanthin from eggs may be more bioavailable (or readily used by the body) than from richer sources with higher content, like spinach or kale, including supplements.<sup>vi,vii</sup>
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**Fast & Easy.** An egg breakfast is quick and easy. Simply beat an egg in a small bowl or coffee mug, place on high heat in the microwave for 60 seconds and add it to a toasted whole-grain English muffin. Top with low-fat cheese and a slice of tomato for a balanced meal. It's a speedy and satisfying start to the day that takes less than two minutes to prepare.
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**Eggs Give Back.** America's egg farmers not only provide quality eggs, but they give back to their communities as part of the Good Egg Project. Visit [incredibleegg.org/good-egg-project](http://incredibleegg.org/good-egg-project) to learn more.

Visit [IncredibleEgg.org](http://IncredibleEgg.org) for more hard-cooked egg recipes, tips, egg nutrition information and more.

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<sup>i</sup> Layman DK, Rodriguez, NR. Egg protein as a source of power, strength and energy. *Nutr Today*. 44(1):43-48.

<sup>ii</sup> Leidy HJ, et al. High-protein meals may benefit fat oxidation and energy expenditure in individuals with higher body fat. *Nutrition & Dietetics* 2008;65:246-252.

<sup>iii</sup> Rampersaud G, et al. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *JADA* 2005;105:743-760.

<sup>iv</sup> Pollitt E, et al. Fasting and cognition in well-and undernourished school children: a review of three experimental studies. *AJCN* 1998;67:779S-784S. Vander Wal JS et al, et al. Egg breakfast enhances weight loss. *Int J of Obesity* 2008: 32(10):1545-1551.

<sup>v</sup> Vander Wal JS et al, et al. Egg breakfast enhances weight loss. *Int J of Obesity* 2008: 32(10):1545-1551.

<sup>vi</sup> Goodrow EF, et al. Consumption of one egg per day increases serum lutein and zeaxanthin concentrations in older adults without altering serum lipid and lipoprotein cholesterol concentrations. *JN* 2006;136(25):19-24.

<sup>vii</sup> Chung HY, et al. Lutein bioavailability is higher from lutein-enriched eggs than from supplements and spinach in men. *JN* 2004;134:1887-1893.

<sup>viii</sup> 2015 Dietary Guidelines Advisory Committee. Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture. First Print, February 2015.

<sup>ix</sup> Eckel RH, et al. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *J Am Coll Cardiol*. 2014; 63(25):2960-84.