

# Eating eggs for breakfast helps reduce calorie consumption throughout the day by 18 percent

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A new study demonstrates that eating protein-rich eggs for breakfast reduces hunger and decreases calorie consumption at lunch and throughout the day. The study, published in the February issue of *Nutrition Research*, found that men who consumed an egg-based breakfast ate significantly fewer calories when offered an unlimited lunch buffet compared to when they ate a carbohydrate-rich bagel breakfast of equal calories.(1) This study supports previous research which revealed that eating eggs for breakfast as part of a reduced-calorie diet helped overweight dieters lose 65 percent more weight and feel more energetic than dieters who ate a bagel breakfast of equal calories and volume.(2)

"There is a growing body of evidence that supports the importance of high-quality protein in the diet for overall health and in particular the importance of protein at the [breakfast](#) meal," said Maria Luz Fernandez, Ph.D., study author and professor in the department of nutritional sciences at the University of Connecticut. "We examined two typical American breakfasts, and the participants' self-reported appetite ratings reveal that a protein-rich breakfast helps keep hunger at bay."

## A Closer Look at the Study

Twenty-one men participated in this study and each ate two different test breakfasts. On one test day the participants ate an egg-based, protein-

rich breakfast including three scrambled [eggs](#) and one-and-a-half pieces of white toast. On another test day they ate a bagel-based, carbohydrate-rich breakfast including one plain bagel, one half tablespoon of low-fat cream cheese and six ounces of low-fat yogurt. The two breakfasts contained identical [calories](#), but when the men ate the egg-based breakfast the researchers observed that:

- the men ate roughly 112 fewer calories at a buffet lunch three hours following the egg breakfast compared to the bagel breakfast
- they consumed approximately 400 fewer calories in the 24-hour period following the egg breakfast
- blood tests showed that ghrelin, the hormone that stimulates hunger when elevated, was significantly higher after the bagel breakfast

### **Protein Makes Breakfast *Incredible***

"Starting the day with a high-quality protein breakfast like eggs is a great tool to promote long-lasting fullness and reduced calorie consumption," said Helenbeth Reynolds, M.P.H., R.D., registered dietitian and nutrition consultant. "For only 70 calories, eggs are a compact, nutrient-rich source of high-quality protein, and nearly half of an egg's protein, along with many other nutrients, is found in the yolk, so I always encourage eating the whole egg."

### **Quick and Easy Egg Breakfasts**

Reynolds suggests these tips to make a protein-rich breakfast incredibly quick and easy:

- For a speedy and satisfying balanced meal, 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.
- Keep hard-cooked eggs ready and waiting in your refrigerator to grab as part of breakfast on the run.
- Bake a batch of egg and vegetable Muffin Frittatas ahead of time, and quickly re-warm in the microwave for a delicious and filling, protein-packed breakfast.

**More information:** 1) Ratliff, J., Leite, J.O., de Ogburn, R., Puglisi, M.J., VanHeest, J., Fernandez, M.L. (2010) Consuming eggs for breakfast influences plasma glucose and ghrelin, while reducing energy intake during the next 24 hours in adult men. *Nutrition Research*, 30, 96-103.

2) Vander Wal, J.S., Gupta, A., Khosla, P., Dhurandhar. (2008). Egg breakfast enhances weight loss. *International Journal of Obesity*, 32, 1545-1551.

Provided by Egg Nutrition Center

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