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Adults who eat eggs for breakfast lose 65 percent more weight *New research confirms that eating eggs boosts a healthy weight loss plan*

Park Ridge, Ill. (August 5, 2008) - A study published online today in the *International Journal of Obesity* shows that eating two eggs for breakfast, as part of a reduced-calorie diet, helps overweight adults lose more weight and feel more energetic than those who eat a bagel breakfast of equal calories. [1] This study supports previous research, published in the *Journal of the American College of Nutrition*, which showed that people who ate eggs for breakfast felt more satisfied and ate fewer calories at the following meal. [2]

"People have a hard time adhering to diets and our research shows that choosing eggs for breakfast can dramatically improve the success of a weight loss plan," said Nikhil V. Dhurandhar, Ph.D., lead researcher and associate professor in the laboratory of infection and obesity at Pennington Biomedical Research Center, a campus of the Louisiana State University system. "Apparently, the increased satiety and energy due to eggs helps people better comply with a reduced-calorie diet."

Significant Weight Loss Related to Egg Breakfast

Compared to the subjects who ate a bagel breakfast, men and women who consumed two eggs for breakfast as part of a reduced-calorie diet:

- lost 65 percent more weight
- exhibited a 61 percent greater reduction in BMI
- reported higher energy levels than their dieting counterparts who consumed a bagel breakfast [1]

The egg and bagel breakfasts provided the same number of calories and had identical weights (energy density), which is an important control factor in satiety and weight loss studies.

The researchers also found that blood lipids were not impacted during the two month study. They found that blood levels of HDL and LDL cholesterol, as well as triglycerides, did not vary compared to baseline cholesterol blood levels in subjects who ate either the bagel or egg breakfasts. These findings add to more than 30 years of research that conclude that healthy adults can enjoy eggs without significantly impacting their risk of heart disease.

New Emphasis on the Importance of High-Quality Protein

This study adds to the growing body of research which supports the importance of high-quality protein in the diet. The *American Journal of Clinical Nutrition* (AJCN) published a special issue in May 2008, which contains nine articles that focus on the value of high-quality protein in the American diet. A major finding was that not getting enough high-quality protein may contribute to obesity, muscle wasting (loss) and increased risk of chronic disease. [3,4]

Jump Start the Morning with Eggs

Jackie Newgent, registered dietitian and chef, stresses the importance of obtaining adequate high-quality protein when advising consumers about weight loss. "Eggs are a good source of all-natural, high-quality protein, so they can help keep you satisfied longer, making it easier to resist tempting snacks," said Newgent. "Nearly half of an egg's protein, and many of the other nutrients, are found in the yolk, so make sure to eat the whole egg for maximum benefits."

Newgent suggests these nutrition tips for a successful weight loss plan:

- **Manic Monday:** Make a batch of hard-cooked eggs on Sunday, so you'll have all-natural, high-quality protein meals for your on-the-go schedule during the week. Plus, eggs are incredibly affordable. At an average of \$1.93 per dozen (or \$0.16 per egg), [5] eggs are one of the most affordable high-quality protein foods in the marketplace.
- **In-a-Minute Morning Meal:** In less than 60 seconds, you can prepare an egg breakfast to help jump start your day. Simply beat one whole egg in a microwave-safe mug then cook in the microwave oven on high for 60 seconds. Slide the egg onto a whole grain English muffin. Add flavor with a sprinkling of fresh herbs, salsa, or cheese. Serve fresh seasonal fruit slices, like peaches in the summer, on the side for a balanced meal.

For More Information:

- To receive an educational brochure on high-quality protein and for more information on the benefits of eggs, visit the Egg Nutrition Center at www.enc-online.org
- Join the discussion on eggs and nutrition science on Dr. Donald J. McNamara's blog, www.UnscramblingTheScience.com
- For more protein-rich egg recipes and preparation tips, visit the American Egg Board at www.incredibleegg.org

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About the Egg Nutrition Center (ENC)

ENC is dedicated to providing accurate information on eggs, nutrition, and health, and sponsors scientific research on this topic. Research grants are openly solicited and reviewed by a Scientific Advisory Panel of authorities in health research and clinical practice. Independent scientists guide many of the research projects and provide analysis and interpretation of scientific literature. The ENC is funded by the American Egg Board, which uses funds from egg farmers for promotion and research. The U.S. Department of Agriculture provides oversight of its activities. ENC is located in Park Ridge, Ill. Visit www.EggNutritionCenter.org for more information.

About the American Egg Board (AEB)

AEB connects America's egg farmers with consumers, communicates the value of the incredible edible egg™ and receives funding from a national legislative checkoff on all egg production from companies with more than 75,000 hens in the continental United States. The board consists of 18 members and 18 alternates from all regions of the country who are appointed by the Secretary of Agriculture. The AEB staff carries out the programs under the board's direction. AEB is located in Park Ridge, Ill. Visit www.IncredibleEgg.org for more information.

References:

- [1] Vanderwal JS et al , et al. Egg breakfast enhances weight loss. *Int J of Obesity*, published online on August 5, 2008.
[2] Vander Wal, JS, et al. Short term effect of eggs on satiety in overweight and obese subjects. *J Am Coll Nutr.* 2005; 24(6): 510-515.

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- [4] Layman DK, et al. Protein in optimal health: Heart disease and type 2 diabetes. *Am J Clin Nutr.* 2008;87(suppl):1571S??S.
- [5] United States Agricultural Department, Economic Research Service, July 16, 2008.