



PROTEIN

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

Packed with 6 grams of protein per large egg and all nine essential amino acids- eggs are an MVP (Most Valuable Protein*).

There are many benefits of including high-quality protein in an overall healthy diet. Protein helps build and maintain muscle tissue in adults. Diets rich in high-quality protein have also been shown to help people feel full and satisfied after eating, control their appetite and manage their body weight.

Spread the Word

 **NOTHING SAYS LUNCH LIKE A PROTEIN-PACKED PANINI!**

This egg sandwich is ready in just 15 minutes and contains 19 grams of protein. Perfect to include in an on-the-go meal: EggNutritionCenter.org/LunchPanini

 **BAGEL BREAKFAST?**

Skip the cream cheese and #putaneggonit. 26 grams of protein in this recipe! EggNutritionCenter.org/BagelBreakfast

 **IS YOUR PROTEIN AN MVP?**

Learn the benefits of high-quality protein: EggNutritionCenter.org/ProteinMVP

 **KEY MESSAGES**

- Egg proteins are easily digested, especially when cooked, and contain all of the essential amino acids.
- Research shows that eating meals with 20-30 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 of the essential amino acids.

PROTEIN

Your Eggs – Your Way



Download the Your Eggs Your Way Sheet @ EggNutritionCenter.org/YourEggsYourWay

DOWNLOAD OR ORDER THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT PROTEIN.



RECIPE IDEA

Mixed Vegetable Frittata

Download recipe @ EggNutritionCenter.org/MixedVegetableFrittata

HANDOUT

EGG PROTEIN: Valuable Protein

Eggs are rich!
The quality of dietary protein is determined by the amino acid composition of the protein. Eggs are a complete protein, meaning they contain all the essential amino acids.

Protein Quantity
1 large egg = 6g protein

Timing of Protein Intake
Eggs are a high-quality protein source that can be consumed at any time of day.

Other benefits of Egg Protein:

- Important for weight loss:** For individuals looking to lose weight, consuming high-quality protein like eggs can help increase satiety, reduce calorie intake, and support muscle mass.
- Can help preserve muscle loss with aging:** Older adults who consume high-quality protein like eggs can help maintain muscle mass and support overall health.
- Affordable and convenient:** Eggs are a budget-friendly and easy-to-prepare protein source.

EGG PROTEIN: A MOST VALUABLE PROTEIN
EggNutritionCenter.org/ProteinFactSheet

HIGH-QUALITY PROTEIN IS BENEFICIAL to a HEALTHY DIET

EATING EGGS VS A BAGEL BREAKFAST HELPED DIETERS:

- LOSE 65% MORE WEIGHT**
- REDUCE BMI BY 61%**
- Feel more **ENERGETIC**

20-30 GRAMS of high-quality protein per meal may be optimal to maintain healthy muscles and bones for adults.

SHAREABLE GRAPHIC

PROTEIN BREAKFAST
EggNutritionCenter.org/ProteinGraphic

Access the references list at EggNutritionCenter.org/ToolkitCitations



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