

Get cracking on weight loss: New study suggests eggs at breakfast may play important role in reducing overall daily caloric intake

OTTAWA (January 11, 2006) – As Canadians from coast-to-coast vow to improve their health in 2006, the results of a recently-released study suggest that eggs, an excellent source of high-quality protein, may play an important role in promoting weight loss and satiety. The study, published in the latest issue of the *Journal of the American College of Nutrition*¹, found that eating 2 eggs for breakfast, instead of a small bagel, reduced hunger and caloric intake at lunch and over the next 24 hours.

Study participants received one of two breakfasts with the same caloric and weight value: the first group ate two scrambled eggs and two slices of toast with low-calorie jelly, while the second group ate a 3½ inch bagel with cream cheese and a small container of fat-free yogurt. The results showed that the first group, who ate eggs, had an average 163 fewer calories at lunch that day. On average, over the following 24 hours, this group ate 418 fewer calories.

“It only takes a couple of minutes to cook eggs in the microwave – making them a great weekday breakfast for people who don’t have a lot of time to spare in the morning,” says Kim Kessler, Registered Dietitian and Nutrition Officer with the Canadian Egg Marketing Agency. “Canadians are concerned about rising obesity levels, which makes preliminary research like this, suggesting that small changes to your breakfast routine may have a significant impact, very good news. This is especially true when you consider that eggs are affordable and nutritious. A serving of 2 large eggs contains 12 grams of protein and 14 essential nutrients.”

While previous research focused on the effects of protein-based breakfasts studied non-obese subjects, this study group consisted of 28 overweight and obese women with a BMI (Body Mass Index) of 25 or higher (the clinical marker for obesity).

The researchers concluded that, “Eggs are an integral and established part of breakfast in numerous cultures and the satiating effect of eggs may be useful in reducing energy intake thereby promoting weight management.”² The researchers are now testing the long-term effects of egg breakfasts on weight loss.

¹ Vol. 24, No. 651-515 (2005)

² Ibid.

Try this quick, convenient recipe for breakfast tomorrow – ready in only 3-4 minutes!



Basic Microwaved Eggs



Number of servings
1



Preparation
1 min.



Cooking
1 min.



Standing
2 min.



Ingredients

1 tsp	butter	5 mL
2	eggs	2



Method

For each egg, in coffee mug, small dessert bowl or ramekin, microwave half of butter at HIGH (100%) for about 15 seconds. Rotate bowls to butter all sides. Crack one egg in each bowl. Pierce egg yolk with toothpick or fork. Cover with plastic wrap with one corner pulled back for venting.

Microwave on MEDIUM-HIGH (70%) for 45 seconds to 1 minute or until desired doneness. Let stand 1 to 2 minutes without removing plastic wrap.

Additional recipes and more information is available at www.eggs.ca and high resolution photographs are available upon request.

The Canadian Egg Marketing Agency (CEMA) represents farmers producing eggs on Canada's 1,101 regulated egg farms located in each province and the Northwest Territories. CEMA is dedicated to providing fresh, nutritious, and high quality eggs at reasonable prices to all Canadians.

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