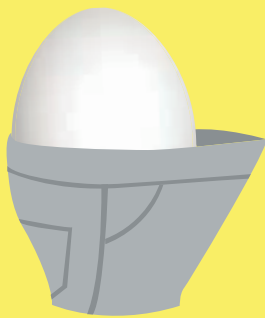


# EGGS BELONG IN A WEIGHT LOSS DIET

Most diets don't work and one of the main reasons is HUNGER. When you are hungry all the time, it is hard to stick to your diet plan. When you eat foods that keep you feeling full, like EGGS, other sources of lean protein, whole grains, fruits and vegetables – these foods are chock full of good-for-you nutrients that fill you up but won't fill you out. Researchers suspect it is all the protein in eggs that keep you satisfied.<sup>1</sup>



For more nutrition information and recipe inspiration, visit [www.EggNutritionCenter.org](http://www.EggNutritionCenter.org).

# 6 TIPS TO HELP YOU LOSE WEIGHT AND KEEP THE WEIGHT OFF PERMANENTLY

## 1. EAT PROTEIN AT BREAKFAST EVERY DAY

Successful weight losers make breakfast a healthy habit and so should you. Eggs at breakfast will keep you going until lunch without annoying hunger pangs. One study showed when compared to a bagel with cream cheese and 3 oz yogurt breakfast, people who ate 2 eggs and 2 slices of toast for breakfast lost 65% more weight.<sup>2</sup>



## 2. STAY ACCOUNTABLE

A daily diary, app or piece of paper tracking food and beverage choices can help motivate you to follow your plan. Watching your weight go down is so rewarding!!



## 3. MAKE SMALL CHANGES

Go slow and steady. Make small changes one at a time and do your best to make these changes your new healthy habits. Making small changes over time is the secret sauce to creating lifelong healthy habits.



## 4. ADOPT A HEALTHY EATING PATTERN<sup>3</sup>

It's not just what you ate for dinner but what you eat over time that really matters. Vegetables, fruits, nuts/seeds, whole grains, low fat dairy, eggs and other sources of lean protein are the foundation of a healthy eating pattern. Limit foods high in salt, refined starches and sugars.



## 5. INDULGE WISELY

Whether you desire a piece of chocolate or a glass of wine, indulgences make us happy. Plan your treats in advance, savor every bite or sip, and enjoy them in moderation.



## 6. GET MOVING

Being active is good for every part of your body – it releases stress, burns calories, strengthens muscles and helps keep your bones strong. Do something every day, even if it is only for 30 minutes.



Eggs are super nutritious, a good source of protein, and have 70 calories in one large egg. They are one of the most versatile foods. Today's chefs top a wide variety of dishes with a poached or fried egg for deliciousness and nutritional goodness. Try an egg on:

Fresh green salads • Avocado Toast • Whole Grain Bowls • Grits • Salmon Veggie Pizzas or Flatbreads • Sweet Potato Hash • Whole Grain Pasta • Baked Potato Whole Grain Sandwiches or Paninis • Grilled Veggies or Vegetable Medleys



1. Vander Wal JS, Marth JM, Khosla P, Jen KL, Dhurandhar NV. Short-term effect of eggs on satiety in overweight and obese subjects. J Am Coll Nutr. 2005 Dec;24(6):510-5.  
2. Vander Wal JS, Gupta A, Khosla P, Dhurandhar NV. Egg breakfast enhances weight loss. Int J Obes (Lond). 2008 Oct;32(10):1545-51.  
3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015.

