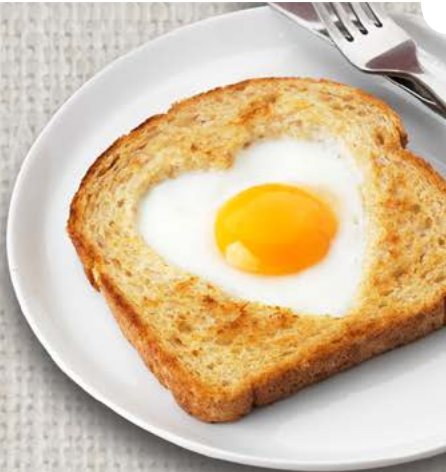




# EGG NUTRITION COUNCIL FACT SHEET

## A New Approach for Breakfast



### Why Eat a Better Breakfast?

There's never been a more important time to start your day with a healthy breakfast. With nearly two thirds of Australian adults struggling to keep their weight in check<sup>1</sup>, eating breakfast is one of the key factors that could help turn this national issue around.

When it comes to good health, research consistently shows breakfast eaters find it easier to manage their weight<sup>2</sup>, have higher intakes of key nutrients<sup>3</sup> and when kids eat breakfast, their memory is better and they find it easier to pay attention over the course of the morning<sup>4</sup>. Eating breakfast is also associated with better long term health<sup>5,6</sup>.

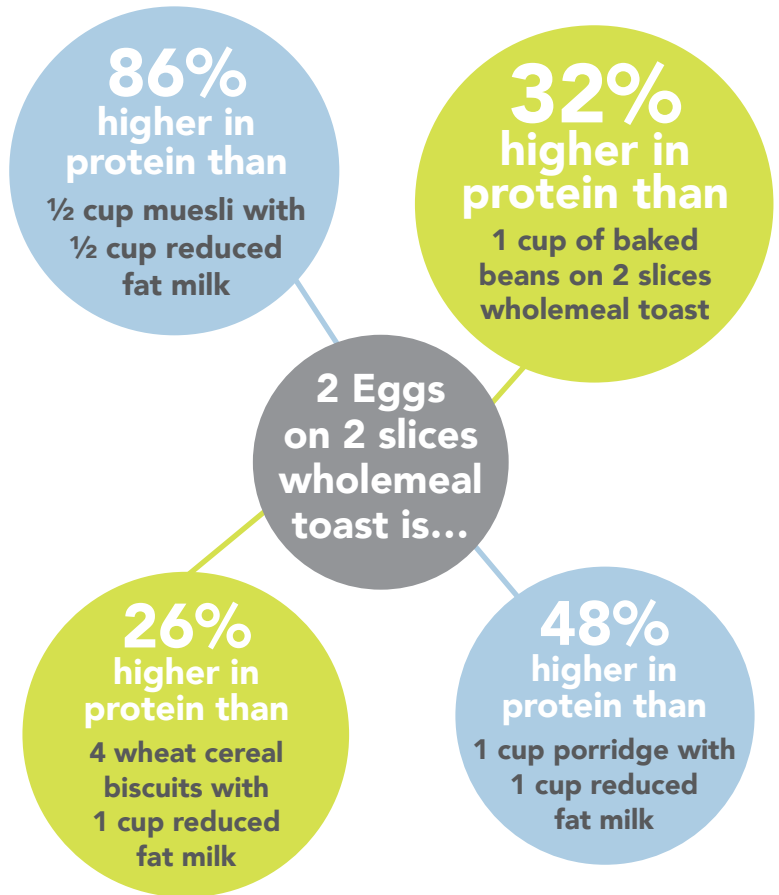
### The Power of Protein

We now know that it's not only eating breakfast that's important but what and how much you eat makes a difference too. Eating a bigger breakfast and eating a breakfast that is higher in protein can be particularly beneficial. Both of these factors have been shown to result in lower levels of hunger throughout the day<sup>7,8</sup>.

### Eggs - the champion breakfast choice

#### Protein

Eggs are a champion choice at breakfast because they contain the world's highest quality protein<sup>9</sup>. Eating two eggs on toast provides significantly more protein compared to other commonly eaten breakfasts – check out the differences!



Protein is just one of the nutritional benefits of eggs.

**Did you know that eggs also contain 11 different vitamins and minerals, as well as omega-3s and beneficial antioxidants?**

#### Hunger Management

Eating eggs for breakfast results in greater feelings of satisfaction, less hunger and a lower desire to eat later in the day compared to a cereal based breakfast<sup>10</sup>. Eggs at breakfast as part of a weight loss diet has also been shown to lead to better results compared to the same diet where eggs weren't included for breakfast<sup>11</sup>.

# A Champion BrEGGfast starts with eggs!

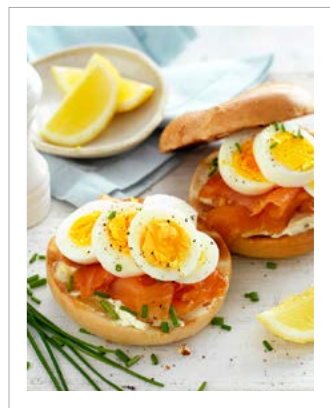


**Boiled, scrambled, fried or poached... whichever way you like them, try these handy cooking tips for the perfect breakfast eggs.**

**Older eggs are best for boiling as they're easier to peel.**

## Boiled eggs

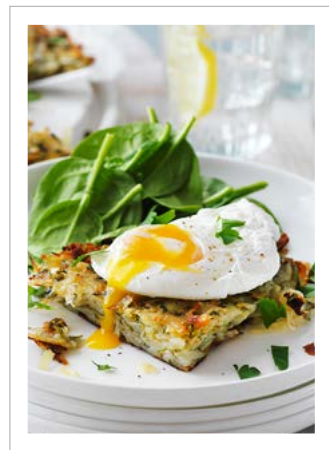
When boiling, bring eggs to room temperature first. Place in cold water and bring to a gentle boil over medium heat. Soft boiled eggs take 4 minutes and hard take 8 minutes.



**For an inspirational idea using boiled eggs, try Bagels with Egg on Smoked Salmon and Cream Cheese at [www.eggs.org.au](http://www.eggs.org.au)**

## Poached eggs

In a large saucepan, bring 5-6cm depth of water to a gentle boil. Break an egg into a small bowl. With a large spoon, gently stir the water in a circular motion to create a whirlpool then carefully slide the egg into the water. Allow 3½ - 4 minutes for poached eggs with firm whites and soft yolks, and 4-5 minutes for firmer yolks.

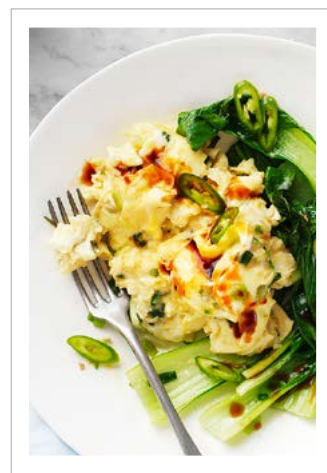


**For an inspiring idea using poached eggs try Breakfast Rosti with Poached Eggs and Avocado at [www.eggs.org.au](http://www.eggs.org.au)**

**Use cold eggs straight from the fridge. Add a teaspoon of vinegar to the water prior to poaching to help keep the egg together during cooking.**

## Scrambled eggs

For every 2 eggs, use ½ cup milk and beat together well. Season using fresh herbs and pepper. Pour a little olive oil into a non-stick pan then add the mixture. As eggs begin to set, gently pull them across the pan with a heatproof utensil. Continue cooking – pulling, lifting and folding eggs – until thickened. Once all the egg has thickened, remove from heat and serve immediately.

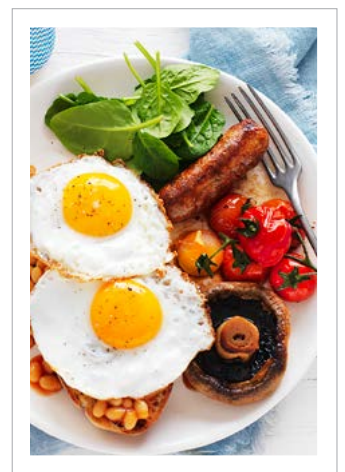


**For an inspiring idea using scrambled eggs try Asian Style Scrambled Eggs at [www.eggs.org.au](http://www.eggs.org.au)**

**Fresh eggs produce the best looking fried eggs. Use a gentle heat to retain nutrients and allow for even cooking.**

## Fried eggs

Heat a little olive oil in a non-stick pan. Break eggs and slip into pan, one at a time. Immediately reduce the heat to low. Cook slowly until whites are completely set and yolks begin to thicken but are not hard.



**For a healthy twist on fried eggs try The Healthy Big Breakfast at [www.eggs.org.au](http://www.eggs.org.au)**

Last updated October 2015

**References:** 1. ABS. Australian Health Survey: Updated Results, 2011-2012. (ABS, Canberra, ACT, Australia, 2013). 2. Elfhag, K. & Rossner, S. *Obes Rev* 6, 67-85 (2005). 3. Williams, P. *Int J Food Sci Nutr* 56, 65-79 (2005). 4. Wesnes, K.A., et al. *Appetite* 59, 646-649 (2012). 5. Cahill, L.E., et al. *Circulation* 128, 337-343 (2013). 6. Mekary, R.A., et al. *Am J Clin Nutr* doi: 10.3945/ajcn.112.057521. (2013). 7. Jakubowicz, D., et al. *Obesity (Silver Spring)* 21, 2504-2512 (2013). 8. Leidy, H.J., et al. *Br J Nutr* 2009 Mar;101(6):798-803 9. Hoffman, J.R. & Falvo, M.J. Protein - Which is Best? *J Sports Sci Med* 3, 118-130 (2004). 10. Fallaize, R., et al. *Eur J Nutr* 2013 Jun;52(4):1353-9. 11. Vander Wal, J., et al. *Int J Obes (Lond)*, 1545-1551 (2008).