

your **Self** [ NUTRITION ]

# Egg Yourself On

Loading your breakfast with plenty of protein staves off hunger

**N**EEED MORE GOOD REASONS NOT TO SKIP BREAKFAST? Recent research shows that packing more protein into your morning meal can stave off hunger and help you lose weight. In one study, dieters who ate two scrambled eggs at breakfast lost 65 percent more weight than those who ate bagels with cream cheese. The egg-eaters also reported higher energy levels and exhibited a 61 percent greater reduction in body mass index.

Study author Nikhil V. Dhurandhar, PhD, of the Pennington Biomedical Research Center in Baton Rouge, La., confirmed that people who are trying to lose weight often struggle with hunger and are tempted to go off their diets.

“This shows that an egg breakfast can make you feel full for a longer time,” he says.

A similar study conducted by Wayne W. Campbell, PhD, professor in the Foods and Nutrition Department at Purdue University in Indiana, found that overweight and obese men who enjoyed a protein-rich breakfast of lean Canadian bacon and eggs sustained a greater feeling of fullness than when they ate more protein at lunch or dinner.

“There are 4,000 papers that tell you protein leads to satiety,” says Dhurandhar. “What we are trying to do is give some concrete guidelines and say, ‘Eat this to stay on course.’ If people need help sticking to their diet, eggs are a good choice.” Two eggs provide 14 grams of protein. The recommended dietary allowance of protein for most adult males is 56 grams per day; for women, it’s 46 grams per day.

— E.F.



Find healthy breakfast ideas at [www.ArthritisToday.org](http://www.ArthritisToday.org).

## Myth Buster A couple of eggs a day is OK

EGG YOLKS ARE HIGH IN CHOLESTEROL, but a Harvard University study found they won't raise overall levels of the artery-clogging substance in your blood. The real culprits are foods high in saturated fats and trans fats. Meanwhile, eggs are full of essential nutrients, such as vitamins A, D and E;

protein; and choline and folate, which may help maintain memory as you age. Unless you have diabetes – research shows eggs may increase the risk of heart disease among this group – one or two eggs a day won't hurt.

— KENNA SIMMONS

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