Eating eggs may improve cognitive performance

When children ate a protein-rich breakfast containing eggs they felt fuller and ate roughly 70 fewer calories at lunch versus after they ate cereal or oatmeal for breakfast.

Early introduction of food allergens, like eggs, around 4-6 months, or when a baby is developmentally ready, may help decrease the child’s risk of developing an allergy to those foods.

When healthy adults ate a high-protein egg breakfast, they were more full and ate 135 fewer calories at a subsequent lunch versus when they ate a lower-protein cereal breakfast.

Research suggests eggs can be part of a heart-healthy diet. A recent review showed eating eggs may reduce the risk of stroke by 12 percent.

RESEARCH COMING SOON...

- Effects of daily egg consumption on nutrient intakes in children and adults.
- Relationship between egg intake and bone strength in children.
- Effect of daily egg intake on weight loss in overweight and obese children.

Sources: