


# DIET ON TRACK

## EGGS CAN PLAY A ROLE IN *Weight Management*

### Spread the Word

 **FOODS THAT SUPPLY PROTEIN, LIKE EGGS, HELP MANAGE HUNGER AND KEEP YOU SATISFIED.** Also, keep a record of what you eat, make small changes, eat healthfully and be active. [EggNutritionCenter.org/KeepSatisfied](http://EggNutritionCenter.org/KeepSatisfied)

 **VEGGIES & EGGS MAKE A QUICK, NUTRITIOUS & DIET-FRIENDLY MEAL.** Try any combo of veggies for dinner! [#putanegginit](https://twitter.com/putanegginit) [EggNutritionCenter.org/DietFriendlyMeals](http://EggNutritionCenter.org/DietFriendlyMeals)

 **TO CUT CALORIES,** sub veggie noodles for pasta. [#putanegginit](https://twitter.com/putanegginit) for protein: [EggNutritionCenter.org/UseSpiralizer](http://EggNutritionCenter.org/UseSpiralizer)

With two-thirds of Americans overweight or obese, it is no surprise that there is an overwhelming amount of nutrition and weight loss advice. However, dieting doesn't need to be complicated. Focus on what can be added to the diet, rather than what should be removed. Choosing nutrient-dense foods, such as eggs, can provide nutritional benefits while helping dieters stay on track.

As many dieters know, one of the most challenging aspects of weight loss is hunger. When you are hungry all the time, it is hard to stick to your diet plan. Eating nutrient-dense foods, like whole grains, fruits, vegetables and lean proteins, such as eggs, fill you up but won't fill you out.

Additionally, research highlights the importance of protein and satiety. Protein, and eggs specifically, at breakfast has been shown to keep people feeling full and can aid in weight loss.



#### KEY MESSAGES

- Research shows eating eggs for breakfast compared to eating a bagel breakfast helps overweight dieters lose more weight and feel more energetic.<sup>8</sup>
- Eating protein based foods, such as eggs, helps boost feelings of fullness and has been shown to aid in weight loss.
- Snacking, as part of a balanced diet, can help keep diets on track by helping control hunger and appetite. Eggs and other foods high in protein may be particularly effective.



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▶ MICROWAVE BREAKFAST SCRAMBLE VIDEO

Watch the video @ [IncredibleEgg.org/MicrowaveBreakfastScramble](https://IncredibleEgg.org/MicrowaveBreakfastScramble)

**DOWNLOAD** OR **ORDER** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT WEIGHT MANAGEMENT AND KEEPING YOUR DIET ON TRACK.



🍴 RECIPE IDEA

## Zucchini Noodles with Poached Egg Topper

Download recipe @ [EggNutritionCenter.org/ZucchiniNoodles](https://EggNutritionCenter.org/ZucchiniNoodles)

📄 HANDOUT



EGGS BELONG IN A WEIGHT LOSS DIET  
[EggNutritionCenter.org/EggsWeightLoss](https://EggNutritionCenter.org/EggsWeightLoss)

📄 SHAREABLE GRAPHIC



NUTRIENT ABSORPTION  
[EggNutritionCenter.org/NutrientAbsorption](https://EggNutritionCenter.org/NutrientAbsorption)

Access the references list at [EggNutritionCenter.org/ToolkitCitations](https://EggNutritionCenter.org/ToolkitCitations)



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