

Egg-cellent Ways to Stay on Track During the Holidays

Holiday Script

(For use by state egg associations)

The holidays may be the most wonderful time of the year – but with tempting treats at every turn, it's also a challenging time to eat right and avoid gaining weight. As the (INSERT TITLE), I'm here today to share some of our favorite steps to help keep you on track during this festive time of year.

Visuals:

- **State egg association tabletop logo on set (if available)**
- **Clear glass bowl of brown and white eggs adjacent to tabletop logo**

For starters, a balanced, nutritious breakfast with high-quality protein, like eggs with veggies and fresh fruit, is a good habit that can help keep cravings in check so you'll be less likely to give in to those tempting treats later in the day.

One large egg packs in 13 essential nutrients, 6 grams protein and has just 70 calories. Recent studies suggest that eating a high-quality protein breakfast with eggs may help enhance satiety. One of my favorite breakfasts that keeps me satisfied is this Microwave Egg and Veggie Breakfast Bowl.

Visuals:

- **Clear glass bowl of brown and white eggs**
- **Egg breakfast: Microwave Egg Veggie Breakfast Bowl**
 - **<https://www.incredibleegg.org/recipe/microwave-egg-veggie-breakfast-bowl/>**
- **Side dish of fresh fruit or ½ grapefruit**
- **Cup of tea in clear glass mug**

And since it's the peak party season, here's an egg-cellent tip to help keep you on track: Boil up a dozen eggs and keep them in a container like we have here in your fridge for up to a week. Before a party or other event, have a hard-boiled egg as part of a snacking strategy to help ensure you don't overindulge.

Also be sure to drink lots of water and downsize plates and bowls to help you keep calories in check. And always start with the healthiest foods first, like veggies and lean proteins, so that you'll be less likely to overeat the higher-calorie choices.

Visuals:

- **1 Hard-boiled eggs shelled**
- **1 hard-boiled egg sliced**
- **One egg container opened up so no brand will show with a dozen hard-boiled eggs in the container.**
- **1 apple sliced in half or quarters**
- **2-3 whole-grain crispbreads**
- **Appetizer-sized plate with deviled eggs or other common appetizer**

When I'm hosting a breakfast or brunch, I offer my guests these crowd-pleasers – Individual Quiches that they can personalize. I let my guests create their favorite quiche by providing a toppings bar that includes plenty of veggies like mushrooms, bell peppers, onions and spinach and other flavor enhancers like low-fat cheese and crumbled bacon.

Visuals:

- **Muffin Tin pan with prepared individual quiches and variety of healthier toppings on the side of the pan, including mushrooms, spinach and onions (Note: Need online link to recipe that was sent by Sue)**
- **Tasting glass or white ramekins with healthy toppings including sliced mushrooms, baby spinach leaves, caramelized onions, chopped bell peppers, cheddar cheese, crumbled bacon**

With a little planning and preparation, you can enjoy the holiday season without derailing your healthy lifestyle goals.