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THE FIT FACTOR

NUTRITION CORNER

For a healthy, calorie-cutting breakfasts reach for eggs rather than cereals and bread. Research shows you stay fuller for longer and you eat less throughout the rest of the day



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IN the 90s eggs were seen as unhealthy and a potential source of salmonella. This has been totally overturned and extensive research has reassured us that eggs are in fact very nutritious. More and more people are enjoying them as part of a well balanced diet. Their positive effects on weight loss, memory, and eye and bone health mean that eggs are a great protein food to put on your menu.

One study found that having eggs for breakfast is hugely beneficial for weight loss, the results showed it kept you fuller for longer plus fewer calories were consumed for the rest of the day. I encourage my clients to eat eggs for breakfast and many of my SugarCleanLean breakfast recipes contain eggs.

It's not just about breakfast, eggs are so versatile so you can eat them scrambled, poached, fried or hard boiled as a snack.

Other egg myths have also been squashed. For example, there was once talk about how eggs may increase the risk of heart disease. However, many studies have examined this and found no association

between the two. Additionally, we were told not to eat eggs because they raised cholesterol.

The NHS now states that although eggs contain some cholesterol, the amount of saturated fat we eat has more of an effect on the amount of cholesterol in our blood than the cholesterol we get from eating eggs. In fact, eggs have been linked with more health benefits than health risks.

Over 90% of UK eggs are now produced under the British Lion scheme with more than 130 billion sold since its launch in 1998.

Other benefits include a complete amino acid profile, meaning they have all the essential amino acids that cannot be synthesised by the body, helping with muscle growth. As well as being a source of protein, they contain essential

*Dreams, like eggs,
don't hatch from
sitting on them*

**Motivational quote
of the day**

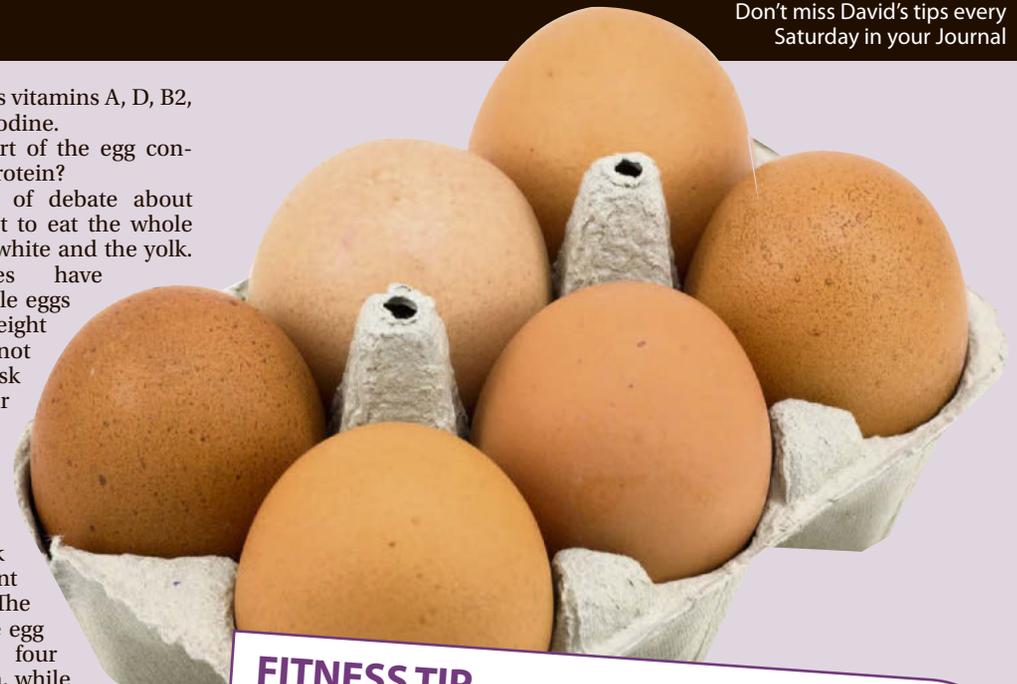
nutrients such as vitamins A, D, B2, B12, folate and iodine.

But which part of the egg contains the most protein?

There's a lot of debate about whether it's best to eat the whole egg, ie. the egg white and the yolk.

Recent studies have shown that whole eggs are great for weight loss and do not increase your risk of cardiovascular disease. Although egg yolks contain many important nutrients, the whites pack the most amount of protein. The whites from one egg contain about four grams of protein, while the yolk includes 2.7 grams of protein.

Eggs are a calorie-cutting food which is healthy, versatile, inexpensive and high in quality protein. I would highly recommend that you add them to your diet.



FITNESS TIP

Looking after your body and health is not seasonal. Consistency is the key – do not be lazy, remember summer bodies are made in the winter and that feelgood factor after training never goes away.