Article published on December 6th 2011 | Cooking

Eggs have been a part of every humanâ€™s life since times immemorial. They have become an essential part of our diet and a staple food for some. Eggs are a super nutrition rich food which contains large amounts of protein, amino acids, vitamins and minerals. That is why they are considered as the best nutritious food item. They play an important role in keeping the body healthy and glowing. Eggs are an incredibly diverse food and are available throughout the year. Eggs are also delicious and are considered an essential ingredient of various delicious meals especially baked goods and sauces.

Just as its nutrition and recipes are varied so are their advantages. Have a look as AllAboutEggs brings and shows you the various advantages of eating egg.

Satiety: Eggs are considered as a solid satiety food. The advantages of eating egg is that when taken as a breakfast they quickly give a sense of satiety. Researchers say that eating eggs for breakfast can reduce oneâ€™s calorie intake at lunch and throughout the rest of the day because the protein and fat present in the eggs helps curb oneâ€™s appetite.

Improves and Increases Concentration: Good nutrition affects a childâ€™s ability to learn. Research shows that a healthy meal which includes eggs is most beneficial for the children as it always helps in increasing the concentration level, math skills, reading skills, attendance, behavior, and test scores. The advantages of eating egg by children before they go to school may help them boost energy and improve their brain power which is most useful to stay healthy and active.

Weight Reduction & Management: Eggs are a great nutritional value for those trying to lose weight and maintain weight. Another advantages of eating egg is that they are a full packed whole some food; the best source of complete protein which contains all essential amino acids and also which provide all the essential nutrients all the while producing lesser calories. As a result they act as catalysts for weight reduction. They help in controlling the rate of calorie absorption by the body which helps in losing weight. The high protein which is present in eggs helps in providing longer burning energy and can help to have fuller stomach which in turn helps control the rate at which the body absorbs calories.

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Article Keywords:
all about eggs,egg types,egg varieties,egg history,egg recipes,sweet egg dishes,egg nutritional facts

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