Make it a good morning with a healthy breakfast.

Looking for healthier breakfast ideas that fit with your weight management plan? Visit EggBeaters.com for this delicious, easy-to-make recipe — it’s a great way to start the day.

Caramelized Onion, Arugula and Parmesan Cheese Omelet

<table>
<thead>
<tr>
<th>Egg Beaters</th>
<th>Shell Eggs</th>
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</thead>
<tbody>
<tr>
<td>116 calories</td>
<td>174 calories</td>
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Calories saved: 58

Partner with your health professional for help in understanding how regular exercise and a balanced diet that includes smart, satisfying breakfast choices can help your weight management plan and lead to a healthier lifestyle.

Egg Whites: A Smart Part of Your Weight Management Plan

More protein, less calories, fat and cholesterol.
Problem: Mid-morning hunger

- Choosing the right satisfying breakfast is important when trying to achieve or maintain a healthy weight.
- Eating foods that are naturally high protein, high volume and low calorie is nature’s perfect solution for a breakfast that, calorie for calorie, will keep you feeling fuller than many other high-carbohydrate or high-fat choices.

Solution: Egg whites — a low-calorie, high-protein breakfast that satisfies

- Besides keeping you satisfied, egg whites are a beneficial breakfast because they provide complete high-quality protein, plus, vitamins, minerals and essential amino acids that your body needs.
- Egg whites offer half the calories and less fat and cholesterol than whole eggs — they’re ideal low-calorie foods for those managing weight or seeking better overall health.
- Even with half the calories, egg whites fill your plate with more volume than whole eggs.
- Egg Beaters® Original is made of real eggs — it’s 99% all-natural egg whites. They’re seasoned, fortified with beta-carotene and the vitamins and minerals found in egg yolks.

Egg whites are just as filling and only half the calories of whole eggs

In a recent study, 50 men and women were asked to eat breakfast containing egg whites — in the form of Egg Beaters Original — or two large whole eggs.*

Participants were just as full and satisfied during the morning and ate the same amount at lunch whether they had the egg white or whole egg breakfast, leading to overall calories saved with no extra hunger.

More volume, less calories

1 Shell Egg = 70 Calories in about 3 Tbsp
Egg Beaters® = 70 Calories in about 9 Tbsp