

The effects of consuming eggs for lunch on satiety

27/04/2011

The effects of consuming eggs for lunch on satiety and subsequent food intake

S. Pombo-Rodrigues, W. Calame, R. Re. [The effects of consuming eggs for lunch on satiety and subsequent food intake](#). International Journal of Food Sciences and Nutrition (2011)

Abstract

The aim of the present work was to investigate the effects of eggs consumed for lunch on satiety, satiation and subsequent energy intake at the next meal. Thirty-one healthy male and female subjects participated in a randomized, three-way, crossover study.

Following consumption of a standard breakfast, participants were asked to consume three isocaloric test lunches: omelette, jacket potato and chicken sandwich. Subjective measures of satiety were recorded using visual analog scales at regular intervals throughout the day. Energy intake at the next meal was assessed 4 h after lunch with an ad libitum meal. The egg lunch showed a significantly stronger satiating effect compared with the jacket potato meal. No effect on energy intake was seen. These data indicate that consumption of an omelette meal consumed at lunch could increase satiety to a greater extent than a carbohydrate meal and may facilitate reduction of energy consumption between meals.

The effects of consuming eggs for lunch on satiety and subsequent food intake. International Journal of Food Sciences and Nutrition, April 2011. British Egg Industry Council website.

Link to full article: <http://www.nutritionandeggs.co.uk/research/effects-consuming-eggs-lunch-satiety>