

Egg and Oats Work Together

Why a bowl of oats and an egg cover more ground than either does on its own.

Egg protein turns hunger down

In a clinical trial published in the journal *Nutrients*, two eggs a day lowered fasting ghrelin, the hormone that signals hunger, and people reported feeling more satisfied through the day than on an oatmeal breakfast. Oat fibre adds bulk on top of that.

Source: [National Institutes of Health \(PMC\)](#)

Oats quietly work on cholesterol

Oats carry beta glucan fibre. Research puts the effective amount at about 3 grams a day, and several food regulators around the world allow cholesterol-related claims on products that meet that level. A daily bowl gets you a real share of that.

Source: [National Institutes of Health \(PMC\)](#)

Choline lives in the yolk

Egg yolks are among the richest food sources of choline, a nutrient the liver uses to process fat and the brain uses for normal signalling. Most adults fall short of it.

Source: [Harvard T.H. Chan School of Public Health](#)

A complete protein meets fibre

Egg protein carries all nine essential amino acids in the right proportions, a perfect score on the amino acid scale. Oats bring the fibre that eggs simply do not have.

Source: [National Institutes of Health \(PMC\)](#)

B vitamins from two directions

Oats bring thiamine along with other B vitamins, while eggs bring vitamin B12, a nutrient found only in animal foods, so oats have none of it. Together the plate covers more of the B vitamin family.

Source: [National Institutes of Health \(ODS\)](#)

IN SHORT

A soft egg over warm oats is a small Multan morning habit that quietly does more for you than it looks.

References

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