

Egg and Oats A Smarter Breakfast

Why a soft egg and a warm bowl of oats make each other work harder

Protein With Staying Power

Eggs are a classic protein choice for breakfast. Protein digests slowly, so it keeps you fuller for longer and helps hold blood sugar steady all morning.

Source: [Harvard Health Publishing](#)

Oats Bring the Fibre Eggs Lack

Oats are rich in beta glucan, a soluble fibre tied to healthier cholesterol and steadier blood sugar after eating. It is the piece an egg alone does not offer.

Source: [National Library of Medicine \(NIH\)](#)

A Genuinely Complete Protein

Egg protein supplies every essential amino acid the body needs, and research shows it is digested more efficiently and rated higher in overall quality than plant proteins such as legumes.

Source: [National Library of Medicine \(NIH\)](#)

The Yolk Adds Choline Oats Cannot Match

Egg yolks are among the richest food sources of choline, used for brain signalling and muscle function. A bowl of oats offers only a small fraction of that amount.

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

IN SHORT

A warm bowl of oats and a good egg on top: a Multan morning, properly fuelled.

References

1. [Harvard Health Publishing](https://www.health.harvard.edu/diet-and-nutrition/healthy-breakfast-ideas-to-support-energy-and-metabolism) <https://www.health.harvard.edu/diet-and-nutrition/healthy-breakfast-ideas-to-support-energy-and-metabolism>
2. [National Library of Medicine \(NIH\)](https://pubmed.ncbi.nlm.nih.gov/articles/PMC6567219/) <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6567219/>
3. [National Library of Medicine \(NIH\)](https://pubmed.ncbi.nlm.nih.gov/articles/PMC7142600/) <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7142600/>
4. [Harvard T.H. Chan School of Public Health](https://nutritionsource.hsph.harvard.edu/choline/) <https://nutritionsource.hsph.harvard.edu/choline/>



ORDER ON WHATSAPP

0312 4444925

freshyolk.com