

Egg & Whole Wheat Bread

Why a Multan breakfast staple works harder than it looks, morning after morning

A more complete breakfast protein

Egg protein already has all nine essential amino acids your body cannot make on its own. Whole wheat bread adds its own plant protein on top, so breakfast carries protein from two different sources instead of one.

Source: [Harvard Health Publishing](#)

Choline the loaf cannot give you

Almost all of an egg's choline sits in the yolk, and eggs are among the richest food sources of it. Choline becomes acetylcholine, needed for memory and muscle contraction.

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

Fibre that steadies the sugar rise

The bran in whole wheat bread slows starch turning into glucose, so blood sugar rises steadily instead of spiking the way it can after white bread.

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

A vitamin the bread cannot supply

Vitamin B12 is found naturally only in animal foods, so whole wheat bread supplies none of it. One large egg provides about 0.6 micrograms, roughly a quarter of a typical adult's daily target, making the egg the plate's only source of this vitamin.

Source: [Harvard Health Publishing](#)

IN SHORT

A humble plate: two eggs, two slices of wholewheat, and a Multan morning that actually holds.

References

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