

Whole eggs and muscle



Why is eating eggs important?

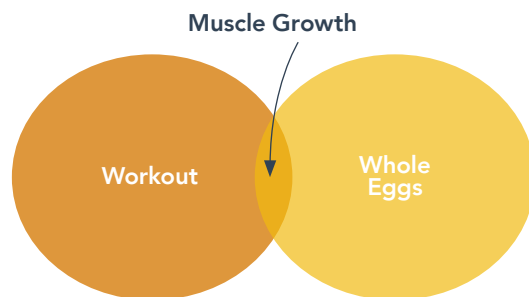
A recent research study has found that eating whole eggs, rather than egg whites alone, immediately after weight training led to better muscle building post-workout¹. This is likely due to the action of non-protein components found in the whole food matrix that work with the protein to promote muscle growth².

Whole foods vs. supplements

Getting your protein from whole foods, rather than supplements or egg whites alone, may also have other benefits for athletes. Whole foods, such as eggs, contain a range of other essential nutrients in their natural food matrix which may have benefits for exercise recovery, body composition and overall health³.

How many eggs should I eat?

Research to date indicates that to support post-exercise muscle building, a meal containing approximately 30g of protein should be consumed after a workout³. A serve of eggs (2 large eggs), providing 13g of protein, can be a convenient source of protein for athletes.



Asian-Style Scrambled Eggs



Serving size: 178g

Average Quantity per Serving	
Energy	829kJ (198Cal)
Protein	14.4g
Fat, Total	13.2g
<i>Saturated</i>	3.0g
Carbohydrate	3.9g
<i>Sugars</i>	3.2g
Dietary Fibre	3.6g
Sodium	661mg

Prep Time: 20 mins Serves: 2

Ingredients

- Cooking oil spray
- 150g baby bok choy, halved lengthways
- 4 eggs, at room temperature
- 2cm piece fresh ginger, finely grated
- 2 green onions (shallots), thinly sliced
- 1 fresh long green chilli, deseeded and chopped
- Oyster sauce, to serve

Method

Whisk eggs and egg whites together in a bowl. Season.

Spray a medium non-stick frying pan with oil to grease. Heat over medium-low heat. Add bok choy and 1 tbs water. Cook until vibrant and almost tender. Transfer to a plate. Add green onions, ginger and chilli to pan. Cook, stirring, for 1 minute or until tender.

Add egg mixture to pan and swirl to coat pan base. Cook without stirring for 30 seconds. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting pan to allow the uncooked eggs to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset.

Remove from heat. Add bok choy and serve with a small drizzle of oyster sauce.

REFERENCES

- van Vliet, S., et al. Consumption of whole eggs promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. *Am J Clin Nutr* [Epub ahead of print](2017).
- Abou Sawan, S., et al. Whole egg, but not egg white ingestion, induces mTOR co-localization with the lysosome after resistance exercise in trained young men. *Am J Physiol Cell Physiol* [epub ahead of print](2018).
- van Vliet, S., Beals, J., Martinez, I., Skinner, S. & Burd, N. Achieving Optimal Post-Exercise Muscle Protein Remodeling in Physically Active Adults through Whole Food Consumption. *Nutrients* 10, 224 (2018).