

## Protein-rich breakfast can help against obesity

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A new research presented at US-based The Obesity Society's annual scientific meeting in Atlanta, USA shows that eating high protein breakfasts can curb hunger throughout the morning, helps reduce obesity by reducing tendency to overeat. The study was conducted in comparison to a low-protein breakfast or skipping breakfast, in adult women. The research was presented by Biofortis Clinical Research, a Mérieux NutriSciences company.

"Eating a breakfast rich in protein significantly improves appetite control and may help women to avoid over eating later in the day," said Kevin C. Maki, principal investigator of the study and a research scientist with Biofortis Clinical Research. Avoiding over eating can help significantly to reduce obesity.

The research was conducted on subjects living in US and is entitled "Acute Satiety Effects of Sausage/Egg-based Convenience Breakfast Meals in Premenopausal Women".

All of the breakfast meals contained approximately 300 calories and similar quantities of fat and fiber. The protein-rich breakfast bowls contained 30 to 39 grams of protein. Participants completed questionnaires to rate aspects of appetite - such as hunger, fullness, and desire to eat - before breakfast and at 30 minute intervals between breakfast and lunch.

A standard lunch meal of tortellini and sauce was served and subjects were asked to eat until comfortably full. Study participants had improved appetite ratings (lower hunger, more fullness, less desire to eat) throughout the morning after eating each protein-rich breakfast, and also ate fewer calories at lunch, compared with the low-protein breakfast and breakfast skipping (water only).

"In the USA, many people choose to skip breakfast or choose low protein foods because of lack of high protein convenient choices. These results demonstrate that commercially prepared convenient protein-rich meals can help women feel full until lunch time and potentially avoid overeating and improve diet quality," said Heather Leidy, an assistant professor specializing in appetite regulation at the University of Missouri and a co-author on the study.