

Ask Leyla: Are eggs hampering my weight loss efforts?

Q: I'm 62 and plagued with belly fat. I've eliminated all sugar as well as alcohol consumption and I've been having an egg a day for breakfast along with a healthy carb and fat. However, I am experiencing enormous fatigue after breakfast and my energy doesn't improve until later in the day.

Do you think eggs are hampering my weight loss efforts?

A: Congratulations on eliminating sugar and alcohol (a proxy for sugar) from your diet! While you're on the right track for eliminating belly fat, I don't think eggs are the culprit here in slowing your weight loss. My question to you is, what is the 'healthy carb' you're having with that egg at breakfast?



The fact that you experience fatigue after a meal is usually indicative of unstable blood sugar. Meaning, you get a rapid rise in blood sugar from consuming the 'healthy carb' followed by a crash. Fatigue is a common symptom of unstable blood sugar because the adrenals are called in to save the day and reregulate it by secreting catecholamines—the fight or flight hormones. This hormone cascade can pack on belly fat.

Try this: Instead of one egg for breakfast, make it a 2-3 egg omelet with veggies and eliminate the healthy carb you've been having. Consider folding in a dollop of guacamole and/or a bit of full-fat organic sour cream (if you're not dairy-allergic) to enhance the satiety value of your breakfast.

However, if your fatigue persists after several days, it is possible you have an egg allergy or intolerance. Try eliminating them for 2 weeks to see if your fatigue subsides and then reintroduce them to see if your symptoms return.

To your health!

Leyla Muedin has clients all over the country via telephone consultations. No need to travel to New York City for a nutrition consult at the Hoffman Center. Should you require her services, please call our office to set up an appointment: (212) 779-1744.