DURING PREGNANCY, choline helps the baby’s BRAIN and SPINAL CORD DEVELOP properly and appears to IMPROVE LEARNING and MEMORY after birth.

INFANTS and YOUNG CHILDREN need choline for continued BRAIN DEVELOPMENT and LEARNING.

CHOLINE IS CRITICAL TO GOOD HEALTH beginning during fetal development and continuing throughout life. This vitamin-like nutrient is important in many ways, including these:

As part of a neurotransmitter called acetylcholine, choline is important in MUSCLE CONTROL, MEMORY and MOOD.

Choline is also important for the STABILIZATION of DNA, the TRANSPORTATION of FATS throughout the body and for DETOXIFICATION.

Some research indicates that choline helps with MEMORY among OLDER ADULTS.

Choline is an essential nutrient, meaning that we must consume adequate amounts in the diet to achieve optimal health. Unfortunately, you likely don’t get enough choline. Only a mere 8% of Americans do. Many foods contain choline, but few foods contain high quantities. Even most multivitamin supplements contain little, if any, choline.
The amount of CHOLINE AN INDIVIDUAL NEEDS depends on many things, including that person's age, gender and stage of life.

Choline recommendations are highest for **WOMEN** during pregnancy (450 mg/day) and breastfeeding (550 mg/day).

For **MALES**, choline needs peak at age 14 (550 mg/day) and remain at that level throughout life.

**Good News for Egg Lovers**

Two large eggs contain more than half of the recommended intake for pregnant women and can help them meet their needs.

**Bottom Line:** People of all ages need ample choline for good health, but very few people actually consume enough through food and supplements. Unfortunately, choline is not found in high quantities in many of the foods Americans typically consume.

**Sources of Choline in the Diet**

- 3 ounces beef liver: 356 mg
- 2 large eggs: 294 mg
- 3 ounces lean beef top round: 117 mg
- 3 ounces cod fish: 71 mg
- ½ cup canned kidney beans: 45 mg
- 1 cup 1% milk: 43 mg
- ½ cup cooked, chopped broccoli: 31 mg
- 6-ounce baked potato: 26 mg
- ½ cup dry roasted peanuts: 24 mg

**My Action Plan**

- Work with a registered dietitian nutritionist to assess my intake of choline and other critical nutrients
- Choose choline-containing foods everyday. Specifically, I’ll try to eat these:
  -  
  -  
  -  
- If necessary, I’ll take a multivitamin with choline or a separate choline supplement.
- Other:  
  -  
  -  

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