

# FIRST 1000 DAYS

## PREGNANCY & BIRTH TO 24 MONTHS

### LIFELONG NUTRITION STARTS WITH *Pregnancy* (& eggs of course!)

What moms eat and drink during pregnancy benefits their health and the health of their growing baby. That's why doctors advise moms to eat a balanced diet and take prenatal vitamins to be sure mom and baby get all the nutrients they need. Eggs contain nutrients that are beneficial for mom and baby such as choline, protein and a variety of other vitamins and minerals. Choline is important for fetal brain development and also helps prevent birth defects such as neural tube defects.

When it comes time to feed baby solids, moms want to know what's best. Advice has changed regarding when to feed allergenic foods to infants. Research suggests that introducing allergenic foods, like eggs, into the diet of infants earlier (4 to 6 months) may actually lower their chances of developing food allergies. With the okay of a pediatrician, infants can enjoy the yumminess and benefits of nutritious foods like eggs, peanuts, fish and dairy.

Flavor and food preferences are established early and carried into later childhood and early adolescence. Therefore, it's crucial to introduce infants and toddlers to a wide variety of nutritious foods to help establish healthy eating patterns.

#### KEY MESSAGES

- The 2015-2020 Dietary Guidelines for Americans name choline as a nutrient that pregnant women and most adults don't get enough of. Two eggs supply nearly 300 mg of choline, more than half the amount recommended for pregnant women.
- Introduce infants to a wide variety of nutritious foods to help them learn to like the foods and establish healthy eating patterns early on.
- The approach to introducing allergenic foods to infants has changed. Feeding common food allergens, such as eggs, when a baby is developmentally ready (between 4 – 6 months) may actually lessen the chances of developing an allergy to that food.

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## 3 THINGS TO KNOW ABOUT FEEDING your BABY



▶ INFANT VIDEO



Watch the video @ [EggNutritionCenter.org/InfantVideo](http://EggNutritionCenter.org/InfantVideo)

## Spread the Word

**f** **WHEN SHOULD YOU INTRODUCE COMMON FOOD ALLERGENS TO BABY?** Research shows the earlier the better! [EggNutritionCenter.org/FoodAllergens](http://EggNutritionCenter.org/FoodAllergens)

**t** **THINK BEYOND CEREAL -** introduce infants to a wide variety of nutritious foods! [EggNutritionCenter.org/ThinkBeyondCereal](http://EggNutritionCenter.org/ThinkBeyondCereal)

**t** **MOM-TO-BE NEEDS CHOLINE** for her baby's brain and eggs are a great source. [EggNutritionCenter.org/MomToBe](http://EggNutritionCenter.org/MomToBe)

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🍴 RECIPE IDEA



## Coffee Cup Scramble

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