

CHOLINE AND EGGS DURING PREGNANCY



Choline is an essential micronutrient that plays an important role in maintaining health throughout pregnancy and breastfeeding. Choline is a nutrient that is made in the liver but the body can't produce enough choline to meet daily requirements, so additional amounts are needed from the food that we eat, like eggs.

Eggs are one of the richest food sources of choline that is essential in pregnancy. In fact, a serving of two eggs provides 74% of the adequate intake of choline for pregnant women and 59% of the AI of choline during lactation.

During pregnancy, choline is essential for:



Helping support brain and spinal cord development as well as decreasing the risk of neural tube defects



Aiding in the health of the placenta and epigenetic programming



Helping to make the neurotransmitter acetylcholine, which is involved in muscle control, cognition including memory and mood during pregnancy

Recipes rich in choline:



Egg and Avocado Flipover

120% Choline AI for pregnancy
and 96% for lactation per serve



Egg Buddah Bowl

52% Choline AI for pregnancy
and 41% for lactation per serve



Egg Tortilla Pockets

50% Choline AI for pregnancy
and 46% for lactation per serve

Resources

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