

# Choline - At Every Age and Stage.

Incorporating this essential  
nutrient into your diet.



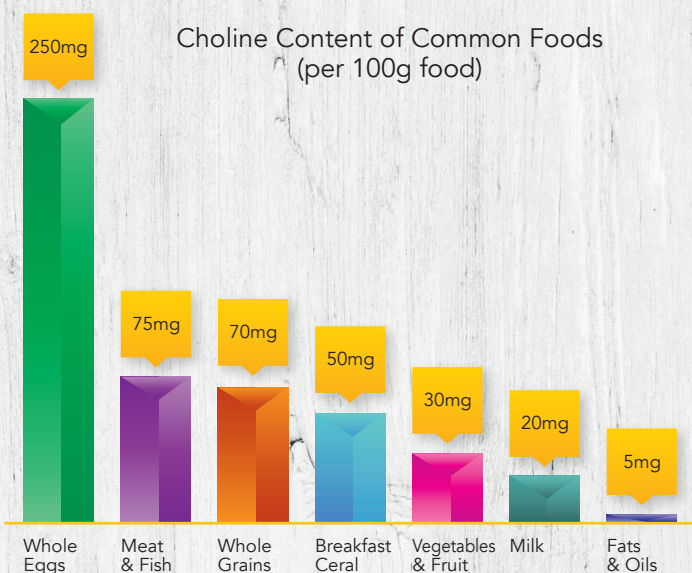
## What is Choline?

Choline has been found to promote health throughout a person's entire life cycle, from pregnancy to old age. Despite this, fewer than 4% of adult Australians are currently consuming the recommended levels of choline<sup>1,2</sup>.

Foods such as meat, fish, milk and green vegetables contain varying amounts of choline and eggs are by far the most choline-rich food source consumed in Australia<sup>2</sup>.



Choline Content of Common Foods  
(per 100g food)



## Choline in Pregnancy.

New research has found that choline plays an important role in brain and spinal cord development during pregnancy<sup>4</sup>.

In addition to taking folic acid supplements, consuming recommended levels of choline during pregnancy may reduce the risk of pre-eclampsia<sup>3</sup> and neural tube defects<sup>4</sup>.

### References

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# Choline in Early Childhood.

Choline is also important for cognitive development and brain function in babies<sup>5,6</sup>.

Breastfeeding mothers should try to ensure they are consuming enough choline through eating choline rich foods such as eggs, meat, fish and milk regularly.

As young children move to solid foods, parents and carers should incorporate these foods into a balanced diet to promote healthy brain development.



## Choline in Later Life.

There is some evidence which indicates choline may assist in preventing cognitive decline and Alzheimer's disease in the elderly, with further research being conducted in this area<sup>8,9</sup>.

Additionally, a choline rich diet has been linked to strong bones and a healthy weight and body composition in adults<sup>10,11</sup>.

## Choline-Rich Recipes: Frittata Waffles

### INGREDIENTS

2 eggs  
1 tablespoon milk  
30g (¼ cup) frozen peas  
30g (¼ cup) mature cheddar  
½ tomato, seeded and finely chopped  
½ teaspoon dried oregano  
Pepper to taste

### METHOD

1. Pre-heat waffle machine.
2. Add all ingredients to a small mixing bowl and whisk until combined.
3. Slowly pour the mixture into the waffle machine, spreading out the mixture if required.
4. Close lid of waffle machine and cook for 4-5 mins, until the eggs are fluffy and the top is browned.



### NUTRITION INFORMATION SERVING SIZE 129g

Average Quantity Per Serving	
Energy	670kJ(160Cal)
Protein	12g
Fat, Total	11g
- Saturated	6g
Carbohydrate	3g
- Sugars	2g
Dietary Fibre	1g
Sodium	175mg

