

Choline and Older Australians.

What is Choline and why is it important for me?

Choline is an essential nutrient found in a variety of foods which has been found to contribute to the development and function of all cells in the body¹.

Consuming enough choline is especially important for Australians over 65, as emerging research suggests that choline helps protect against neurodegeneration as we age and may be linked to the prevention of Alzheimer's disease².

There is also evidence linking a choline-rich diet with strong bones³.



How do I boost my Choline intake?

Choline can be found in foods such as eggs, red meat, poultry, fish and dairy, as well as some green vegetables and wholegrains. However, eggs provide more than double the amount of choline per 100g than any other choline source⁴.

Examples of Choline-rich meals include:

BREAKFAST

Cheesy Scrambled Eggs



Find the recipe online at
<https://www.australianeggs.org.au/recipes-and-cooking/brain-food-cheesy-scrambled-eggs/>

LUNCH

Curried Egg and Cos Rolls



Find the recipe online at
<https://www.australianeggs.org.au/recipes-and-cooking/curried-egg-and-cos-rolls/>

DINNER

Lentil and Feta Frittata



Find the recipe online at
<https://www.australianeggs.org.au/recipes-and-cooking/lentil-and-feta-frittata/>

SNACKS

Sweet Corn and Broccoli Slice



Find the recipe online at
<https://www.australianeggs.org.au/recipes-and-cooking/sweetcorn-and-broccoli-slice/>

References

1. Bekdash RA. Choline, the brain and neurodegeneration: insights from epigenetics. *Frontiers in Bioscience (Landmark edition)* 2018;23:1113-43.
2. De Wilde MC, Vellas B, Girault E, Yavuz AC, Sijben JW. Lower brain and blood nutrient status in Alzheimer's disease: Results from meta-analyses. *Alzheimers & Dementia (New York, NY)* 2017;3:416-31.
3. Oyen J, Gjesdal CG, Karlsson T, et al. Dietary Choline Intake Is Directly Associated with Bone Mineral Density in the Hordaland Health Study. *The Journal of Nutrition (Norway)* 2017;147:572-8.
4. U.S. Department of Agriculture. USDA Database for the Choline Content of Common Foods Release Two, online document <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Choline/Choln02.pdf> [Accessed 21 July 2019]. 2008.

