

CHOLINE & FETUS/ NEWBORN



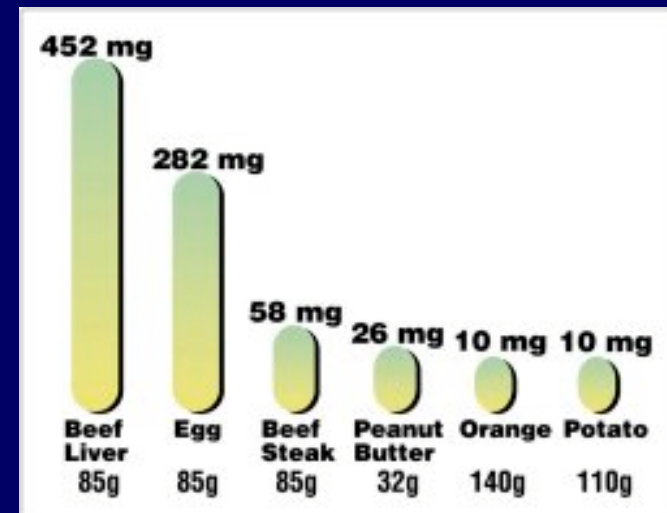
- ❑ Choline an essential nutrient
 - AI for men 550 mg/day
 - AI for women 425 mg/day
- ❑ Pregnancy & lactation
- ❑ Choline supplements
 - increased new neurons
 - formation of memory centers
 - decreased programmed cell death
 - life-long changes in nerve growth factors and calretinin



CHOLINE



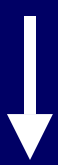
Eggs are an excellent source of dietary choline as well as a nutrient dense, low calorie source of high quality protein for fetal and postnatal development.



CHOLINE & MEMORY STUDY



15 wks pregnancy



Placebo
3 eggs/day
PtdCho

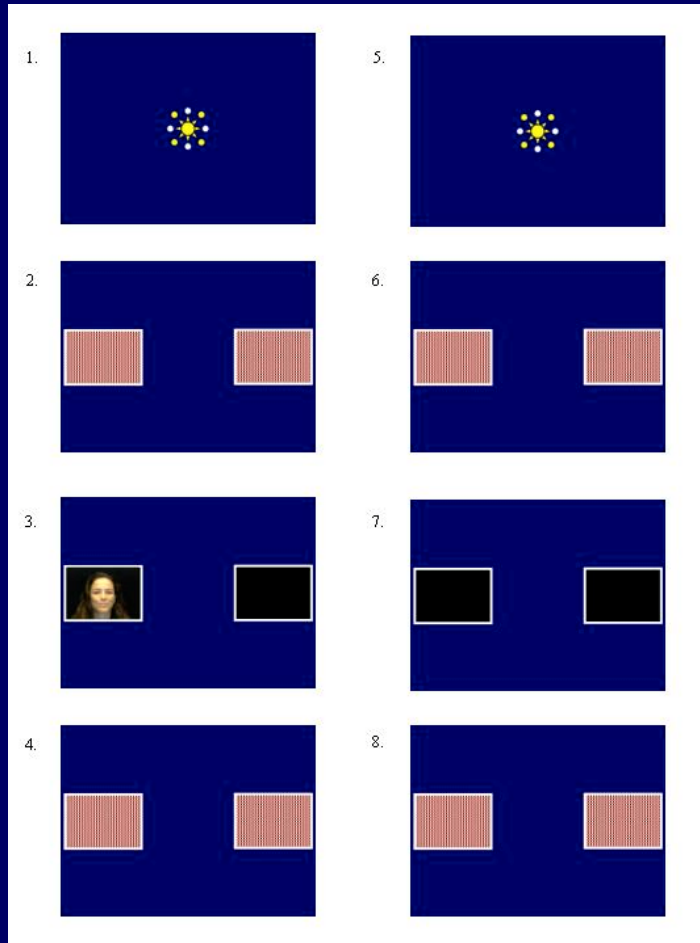
1 mo lactation



10 mo test



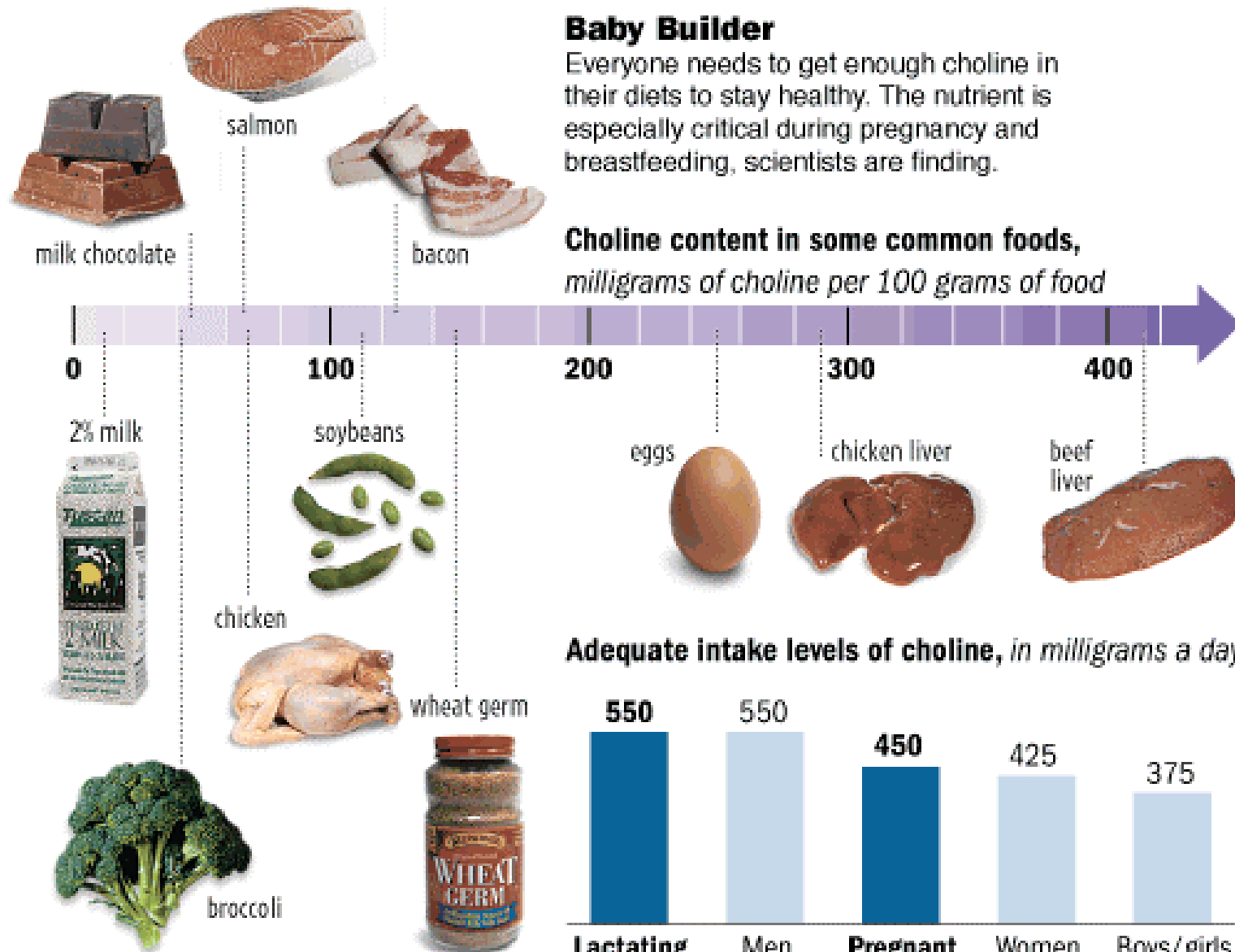
12 mo test



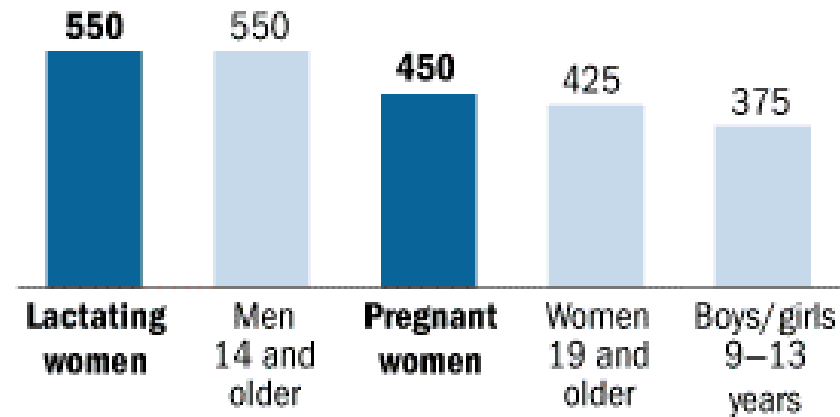
Baby Builder

Everyone needs to get enough choline in their diets to stay healthy. The nutrient is especially critical during pregnancy and breastfeeding, scientists are finding.

Choline content in some common foods,
milligrams of choline per 100 grams of food



Adequate intake levels of choline, in milligrams a day



Sources: National Academies of Science;
U.S. Department of Agriculture