One of the best foods for a baby’s healthy brain development is already in most refrigerators: eggs. In an historic first, the newly released 2020-2025 Dietary Guidelines for Americans include recommendations for birth to 24 months old. The Dietary Guidelines specifically recommend eggs as an important first food for infants and toddlers, as well as for pregnant women and lactating moms.

Parents can make every bite count by feeding eggs as a fundamental first food. The Guidelines highlight the importance of choline, a nutrient plentiful in eggs, while recommending eggs as a first food for babies to reduce risk for an egg allergy.

Specifically, the Guidelines recommend:

- Eggs as one of the first foods for infants at 6 months old
- Eggs as a foundational food for toddlers 12 to 24 months old
- Eggs as an important food for pregnant and breastfeeding women, as choline is a critical nutrient for fetal brain development

Choline is folate’s long-lost cousin. It is one of the many nutrients in eggs supporting brain development and health. The Guidelines identified that all Americans, including infants, toddlers and pregnant and breastfeeding women, aren’t getting enough of this critical nutrient.

Choline is not found in high quantities in many foods typically consumed by Americans. Eggs are an excellent source of choline and one of the most concentrated food sources of choline in the American diet.

Just one large egg provides the daily choline needs for babies and toddlers, and two large eggs provide more than half of daily choline needs for pregnant moms.

92% of pregnant women fail to meet intake recommendations for choline.

Only 26% of expecting mothers are even familiar with choline.

And 39% of those who have heard of choline don’t know that it is essential for infant brain development.
For additional kid-friendly recipes, please visit: EggNutritionCenter.org/Every BiteCounts

REFERENCES