

THE 2020-2025 DIETARY GUIDELINES FOR AMERICANS RECOMMENDS EGGS AS A FIRST FOOD FOR INFANTS & TODDLERS

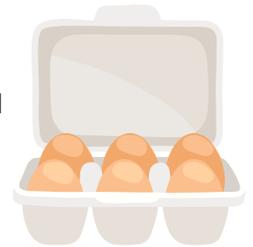


One of the best foods for a baby's healthy brain development is already in most refrigerators: eggs. In an historic first, the newly released 2020-2025 Dietary Guidelines for Americans include recommendations for birth to 24 months old. **The Dietary Guidelines specifically recommend eggs as an important 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



EVERY BITE COUNTS

The 2020-2025 Dietary Guidelines confirmed what the science has shown: eggs provide critical nutritional support for brain health, and they play a crucial role in infant development and prenatal health.

- 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.

CHOLINE: A NUTRIENT CRITICAL FOR BRAIN HEALTH



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.**



EGG
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EGGS ARE AN IMPORTANT BUILDING BLOCK FOR MOMS AND BABIES



EGGS ARE NUTRIENT RICH. They are a good or excellent source of eight essential nutrients, as well as the carotenoids lutein and zeaxanthin (252 mcg).

Excellent source of:

- vitamin B12
- biotin (B7)
- iodine
- selenium
- choline

Good source of:

- high-quality protein
- riboflavin (B2)
- pantothenic acid (B5)



WONDERING ABOUT FOOD ALLERGIES? EGGS ARE AN IMPORTANT EARLY FOOD



The latest research shows that introducing eggs when a baby is developmentally ready

AT 4-6 MONTHS OF AGE

may be associated with reduced risk of an egg allergy.



**PEA
FRITTERS**



**AVOCADO EGG
TOAST**



**PESTO
EGG BAKE**

For additional kid-friendly recipes, please visit:
EggNutritionCenter.org/EveryBiteCounts



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