

PREGNANCY & BIRTH *to* 24 MONTHS

LIFELONG NUTRITION STARTS WITH *Pregnancy* (& eggs of course!)

What moms eat and drink during pregnancy benefits their health and the health of their growing baby. That's why doctors advise moms to eat a balanced diet and take prenatal vitamins to be sure mom and baby get all the nutrients they need. Eggs contain nutrients that are beneficial for mom and baby such as choline, protein and a variety of other vitamins and minerals. Choline is important for fetal brain development and is also associated with reduced risk of neural tube defects.

When it comes time to feed baby solids, moms want to know what's best. Advice has changed regarding when to feed allergenic foods to infants. Research suggests that introducing allergenic foods, like eggs, into the diet of infants earlier (4 to 6 months) may actually lower their chances of developing food allergies. With the okay of a pediatrician, infants can enjoy the yumminess and benefits of nutritious foods like eggs, peanuts, fish and dairy.

Flavor and food preferences are established early and can influence an infant's acceptance of healthy foods. A mother's diet during pregnancy and lactation, as well as repeatedly exposing young children to a variety of nutritious foods can help to establish lifelong healthy eating patterns.¹

KEY MESSAGES

- The 2015-2020 Dietary Guidelines for Americans name choline as a nutrient that pregnant women and most adults underconsume. Two eggs supply nearly 300 mg of choline, more than half the amount recommended for pregnant women.
- Introduce infants to a wide variety of nutritious foods to help them learn to like the foods and establish healthy eating patterns early on.
- The approach to introducing allergenic foods to infants has changed. Feeding common food allergens, such as eggs, when a baby is developmentally ready (between 4 – 6 months) may actually lessen the chances of developing an allergy to that food.

REFERENCES:

1. Mennella JA, Trabulsi JC. Complementary foods and flavor experiences: setting the foundation. *Ann Nutr Metab.* 2012;60 Suppl 2:40-50.



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Spread the Word

f **WHEN SHOULD YOU INTRODUCE COMMON FOOD ALLERGENS TO BABY?** Research shows earlier may be better! EggNutritionCenter.org/FoodAllergens

t **THINK BEYOND CEREAL -** introduce infants to a wide variety of nutritious foods! EggNutritionCenter.org/ThinkBeyondCereal

t **MOM-TO-BE NEEDS CHOLINE** for her baby's brain and eggs are a great source. EggNutritionCenter.org/MomToBe

DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT BIRTH TO 24 MONTHS.

3 THINGS TO KNOW ABOUT FEEDING your BABY



INFANT VIDEO

Watch the video @ EggNutritionCenter.org/InfantVideo

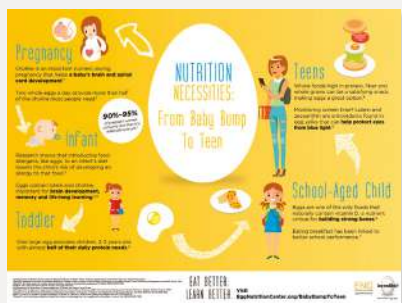
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