

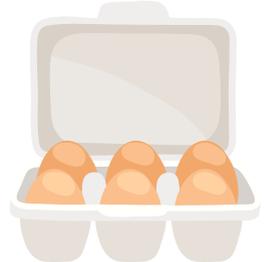
U.S. DIETARY GUIDELINES ADVISORY COMMITTEE RECOMMENDS EGGS AS A FIRST FOOD FOR BABIES AND TODDLERS

The 2020 Dietary Guidelines Advisory Committee, a group of medical doctors and nutrition scientists, has released its official Scientific Report. In a historic first, the Advisory Committee issued recommendations for birth to 24 months old and specifically recommended eggs as an important first food for babies and toddlers, as well as for pregnant and breastfeeding women.

CREATING A FOUNDATION FOR A HEALTHY LIFE

The 2020 Dietary Guidelines Advisory Committee recommends that the diets of babies, toddlers, pregnant and breastfeeding women can be improved by including eggs—a rich source of choline—a nutrient that is under-consumed by all Americans. **Introducing eggs early in the first year of life may help reduce the risk of developing an egg allergy.** Specifically, they recommend:

- Eggs as one of the first foods for babies at 6 months
- Eggs as a foundational food for toddlers 12 to 24 months
- 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 Dietary Guidelines Advisory Committee confirmed what others have found: eggs are important because of the essential nutrients that they offer babies, toddlers, and pregnant and breastfeeding women.

- Choline is folate's long-lost cousin. One of the many nutrients in eggs is choline that supports brain development and health. The Advisory Committee identified that babies, 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.
- Two eggs provide more than half the choline you need each day.

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.**

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)

all for only **70 CALORIES**



WONDERING ABOUT FOOD ALLERGIES? EGGS ARE AN IMPORTANT EARLY FOOD



The latest research shows that introducing eggs when a baby is developmentally ready (**4-6 MONTHS OF AGE**) may be associated with reduced risk of egg allergy.



PEANUT BUTTER SWEET POTATO "SOUFFLE"

Source: Sherry Coleman Collins, MS, RDN, LD/National Peanut Board



SAVORY EGG VEGGIE PANCAKES

Source: Developed for Egg Nutrition Center by Min Kwon, RD



VEGGIE EGG CASSEROLE

Source: Developed for Egg Nutrition Center by Stacey Mattinson, RD

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



EGG NUTRITION CENTER