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**

For additional kid-friendly recipes, please visit: [EggNutritionCenter.org/EveryBiteCounts](http://EggNutritionCenter.org/EveryBiteCounts)

**CHOLINE: A NUTRIENT CRITICAL FOR BRAIN HEALTH**

Choline is folate’s long-lost cousin. One of the many nutrients in eggs is choline, which 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.

- 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 A NUTRIENT RICH FOOD SOURCE**

- Eggs are a good or excellent source of eight essential nutrients, as well as the carotenoids lutein and zeaxanthin (252 mcg).
- Two eggs provide more than half the choline you need each day.

**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.

**EGGS ARE AN IMPORTANT BUILDING BLOCK FOR MOMS AND BABIES**

<table>
<thead>
<tr>
<th>Excellent source of:</th>
<th>Good source of:</th>
</tr>
</thead>
<tbody>
<tr>
<td>vitamin B12</td>
<td>high-quality protein</td>
</tr>
<tr>
<td>biotin (B7)</td>
<td>riboflavin (B2)</td>
</tr>
<tr>
<td>folic acid</td>
<td>pantothanic acid (B5)</td>
</tr>
<tr>
<td>selenium</td>
<td>choline</td>
</tr>
</tbody>
</table>

**SAVORY EGG VEGGIE PANCAKES**

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

**SAVORY EGG VEGGIE CASSEROLE**

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

**PEANUT BUTTER SWEET POTATO "SOUFFLE"**

Source: Min Kwon, RD, PhD, Egg Nutrition Center