MAKE EVERY BITE COUNT!

ONE OF THE BEST FOODS FOR HEALTHY BRAIN DEVELOPMENT IS ALREADY IN YOUR REFRIGERATOR: EGGS!

The 2020-2025 Dietary Guidelines recommends EGGS as first food for babies & toddlers!

Just one large egg provides the daily choline needs for babies & toddlers.

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 excellent source of choline, a nutrient important for brain health.

The high-quality protein in eggs helps maintain & repair muscle while supporting bone health.

CHOLINE IS AN IMPORTANT NUTRIENT FOR MEMORY, MOOD, MUSCLE CONTROL & OTHER BRAIN & NERVOUS SYSTEM FUNCTIONS.

What is Choline?

FOR RECIPES AND TIPS FOR FIRST FOODS, VISIT EGGNUTRITIONCENTER.ORG