

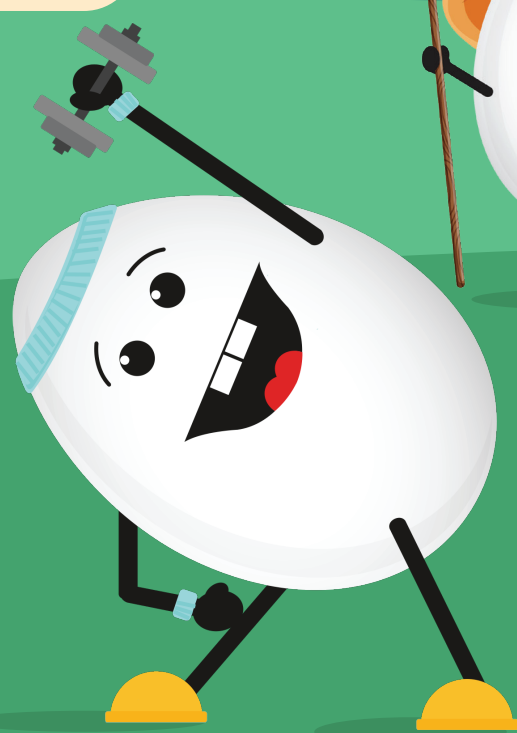
MAKE EVERY BITE COUNT!

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

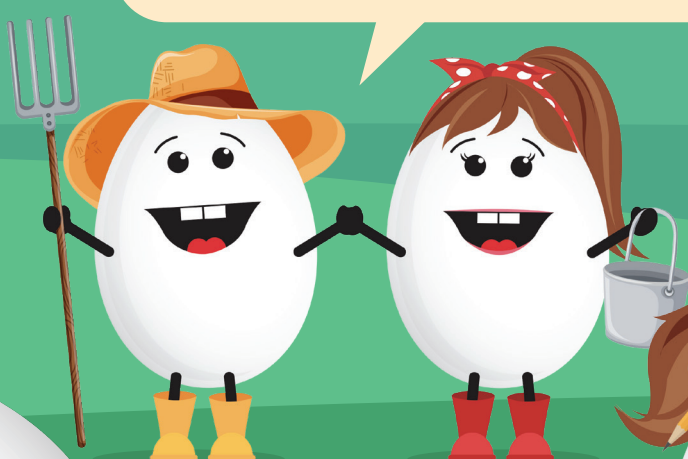


EGG
NUTRITION
CENTER


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



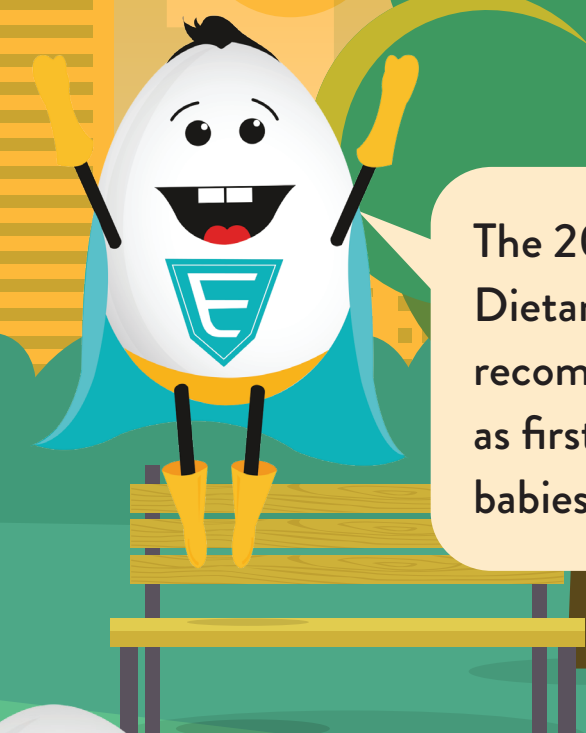
The high-quality protein in eggs helps maintain & repair muscle while supporting bone health.



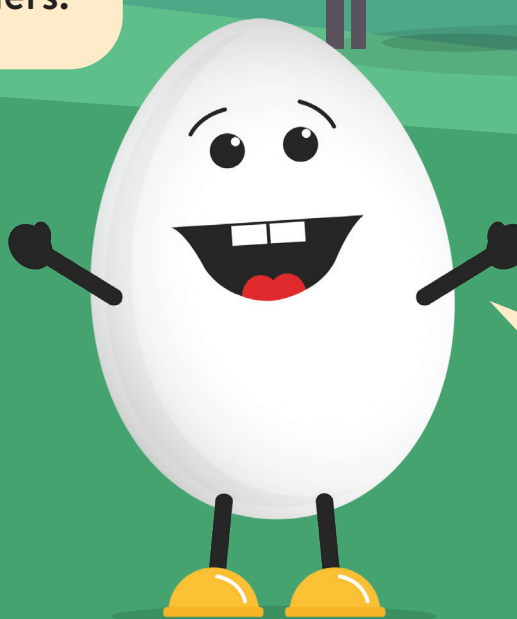
Introducing eggs when a baby is developmentally ready (4-6 months of age) may be associated with reduced risk of egg allergy.



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



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



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

What is Choline?

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