

CHOLINE AND BRAIN HEALTH

Hey Shoppers, did you know that choline is an essential nutrient that plays an important role in the health of our brains? It is even more important for pregnant and nursing moms, and babies. So grab some eggs! They have eight essential nutrients including choline and high-quality protein, plus are economical and easy to prepare. Need some egg inspiration? Make a cheese and spinach omelet for breakfast; add a hard-cooked egg to your salad at lunch; or get creative at dinner and scramble up some eggs in a build-your-own taco night.

IN-STORE RADIO SCRIPT



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