

EGG INTRODUCTION AND ALLERGY

Hey parents, did you know that the Dietary Guidelines Advisory Committee suggests that early exposure to certain allergens, such as eggs and peanuts, may actually reduce the chances of developing an allergy to that food. Around four to six months of age, when a baby is developmentally ready for solids, a simple scrambled or hard cooked egg is a good place to start. And of course, eggs are a good source of protein plus other essential nutrients, including choline... important for your baby's brain health and development.

IN-STORE RADIO SCRIPT



EGG
NUTRITION
CENTER