

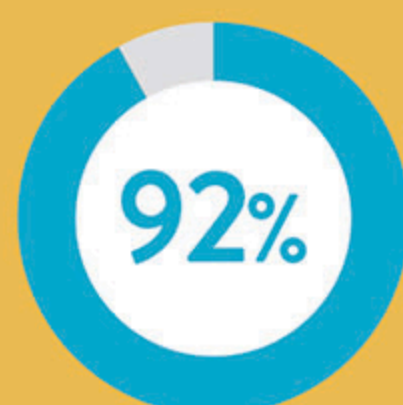
U.S. DIETARY GUIDELINES ADVISORY COMMITTEE RECOMMENDS

EGGS AS A FIRST FOOD

FOR BABIES AND TODDLERS

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.

CHOLINE: A NUTRIENT CRITICAL FOR BRAIN HEALTH



of pregnant women **fail to meet intake recommendations** for choline.

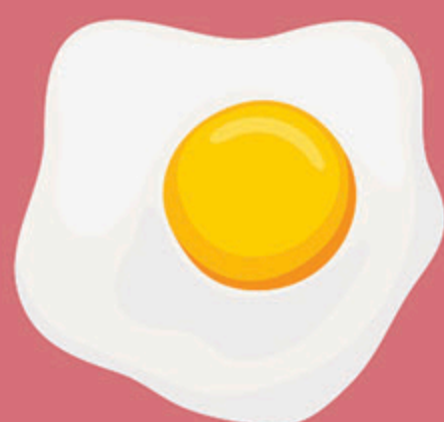


Only **26%** of expecting mothers are even **familiar with choline**.



And **39%** of those who have heard of choline **don't know that it is essential** for infant brain development.

EGGS ARE AN IMPORTANT BUILDING BLOCK FOR MOMS AND BABIES



EGGS ARE NUTRIENT RICH. They are a good or excellent source of eight essential nutrients, as well as the carotenoids lutein and zeaxanthin (252 mcg).

Excellent source of:

- vitamin B12
- biotin (B7)
- iodine
- selenium
- choline

Good source of:

- high-quality protein
- riboflavin (B2)
- pantothenic acid (B5)



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.

For additional kid-friendly recipes, please visit:
EggNutritionCenter.org/EveryBiteCounts



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