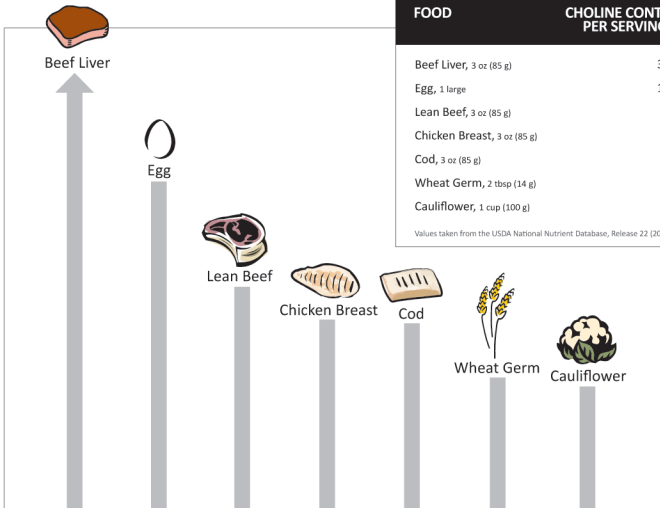


CHOLINE CONTENT PER SERVING (mg)

300+  
150  
140  
130  
120  
110  
100  
90  
80  
70  
60  
50  
40  
30  
20  
10



FOOD	CHOLINE CONTENT PER SERVING (mg)
Beef Liver, 3 oz (85 g)	362.1
Egg, 1 large	125.5
Lean Beef, 3 oz (85 g)	84.6
Chicken Breast, 3 oz (85 g)	72.5
Cod, 3 oz (85 g)	71.1
Wheat Germ, 2 tbsp (14 g)	50.6
Cauliflower, 1 cup (100 g)	47.4

Values taken from the USDA National Nutrient Database, Release 22 (2009).

In 2001, the Food and Drug Administration (FDA) allowed a nutrient content claim on labels of foods that meet the following criteria to be termed "good" or "excellent" sources of choline:



Must contain at least 110 mg of choline per serving, (20% of the Daily Value for choline based on 550 mg reference).



Must contain at least 55 mg of choline per serving, (10% of the Daily Value for choline based on 550 mg reference).