

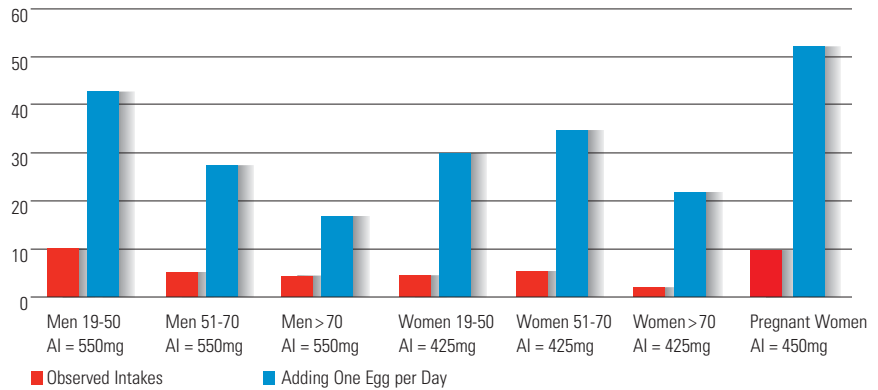
# Closing the Choline Gap

**Choline is an essential nutrient that has many important roles such as contributing to the structure and function of cell membranes and normal brain development. However, it is a nutrient that is frequently under-consumed by those who need it most. In fact, fewer than 10 percent of older children, men, women and pregnant women meet the recommended Adequate Intake for choline. Emerging research shows that choline may be especially critical for normal fetal brain development. So what will it take to help close the choline gap? One large egg contains 125 milligrams of choline – adding an egg a day can help close the gap for many of these populations.**

The chart below shows the percent of adults with usual intakes above the Adequate Intake. The red bars show the current percentages of adults with usual intakes of choline above the Adequate Intake. The blue bars show how

many more adults will meet the Adequate Intake with the addition of an egg a day. Only 10 percent of pregnant women meet the Adequate Intake for choline.

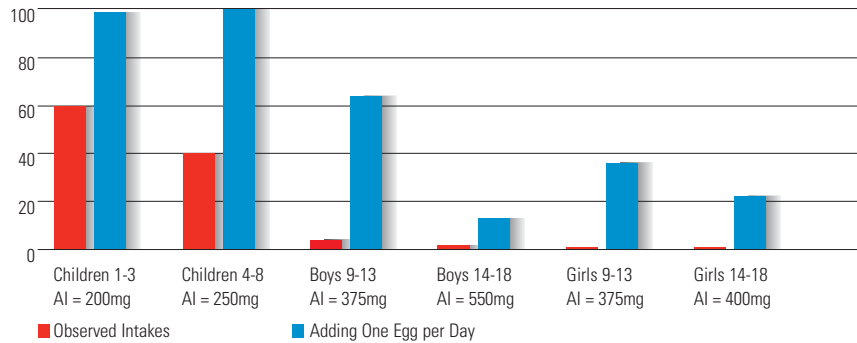
**Percent of Adults with Estimated Usual Intake of Total Choline Greater than Adequate Intake (AI)\***



The chart below shows the percent of children with usual intakes above the Adequate Intake. The red bars show the current percentages of children with usual intakes of choline above

the Adequate Intake. The blue bars show how many more children will meet the Adequate Intake with the addition of an egg a day.

**Percent of Children with Estimated Usual Intake of Total Choline Greater than Adequate Intake (AI)\***



\*Batres-Marquez SP, et al. Choline in the Diets of the U.S. Population: NHANES, 2003-2004, Iowa State University. Presented at Experimental Biology 2007, Washington DC.

See other side for information about choline content of some common foods.

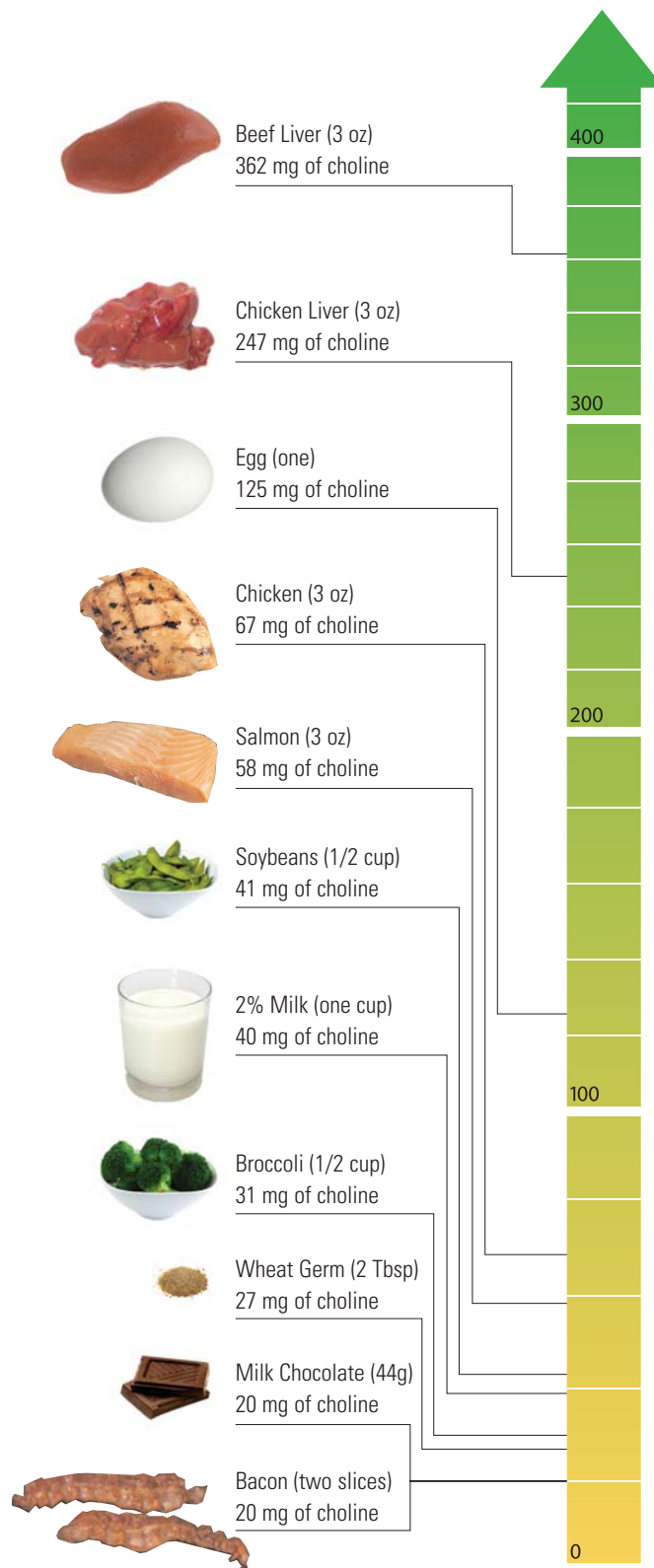
# Closing the Choline Gap

**Everyone needs to get enough choline in their diets to stay healthy.**

Several common foods contain choline, but eggs rise above as an excellent, convenient, and inexpensive source. Ounce for ounce, eggs provide more choline than beef or chicken.

Choline intake is especially critical during pregnancy and lactation. Two eggs supply about 50 percent of a pregnant woman's choline needs, and about 40 percent of a lactating woman's choline needs.

This chart compares choline content of common foods, based on per serving basis.



Choline content in some foods, milligrams of choline per recommended serving size. U.S. Department of Agriculture National Nutrient Database for Standard Reference, Release 20. 2007.