

EGGS: A FUNDAMENTAL FOOD FOR PRENATAL & INFANT HEALTH

EGGS ARE A NUTRIENT-RICH CHOICE FOR MOM & BABY

The 2020-2025 Dietary Guidelines for Americans call out nutrient-dense eggs as a fundamental first food for babies and as an important food for pregnant and lactating women. Eggs offer eight essential nutrients for maternal and infant health like high-quality protein, choline, iodine, vitamin D, plus the carotenoids lutein and zeaxanthin.

FROM PREGNANCY TO BIRTH THROUGH 24 MONTHS OF LIFE

90% of a child's brain growth occurs before kindergarten, meaning what mom eats during pregnancy and provides to her child during those first 24 months after birth are crucial.

Approximately 90% of Americans including pregnant women don't consume enough choline, an essential nutrient that plays a role in fetal brain development and reduces risk for neural tube defects.

Eggs are a simple food-forward solution to help moms and babies meet their daily choline needs, with one large egg meeting 25% of a pregnant woman's daily choline needs and 100% of an infant's choline needs.

REFERENCES:

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020–2025 Dietary Guidelines for Americans. 9th Edition. December 2020.
2. Brown, T.T. and T.L. Jerigan, *Brain Development During the Preschool Years*. *Neuropsychol Rev*, 2012. 22(4): p. 313-33
3. Wallace, T.C. and V.L. Fulgoni, 3rd, *Assessment of Total Choline Intakes in the United States*. *J Am Coll Nutr*, 2016. 35(2): p. 108-12



CHOLINE ADEQUATE INTAKES

150 MG INFANTS
425 MG ADULT WOMEN
450 MG PREGNANCY
550 MG LACTATION

EGGS FOR PRENATAL & INFANT HEALTH

EGGSCCELLENT WAYS TO #PUTANEGGONIT

No time? No problem! These simple recipes are great for adults and littles alike!

CHICKEN & VEGETABLE RICE

1 cup cooked brown rice - 1 Tbsp olive oil - 2 cups diced sweet potato - 2 cups peas/carrots - 2 cups cooked chicken - 4 large eggs

In a large skillet over medium heat, add oil. Cook sweet potato until tender, about 8 minutes. Add peas, carrots, chicken and rice, cook remaining 3 minutes. Place in a bowl. In the same skillet, spray with nonstick spray then pour in the eggs. Cook until eggs are 145°F (or cooked through). Add rice mixture back into the skillet with the eggs, and fold to combine. Serve warm.



PESTO EGG BAKE

12 large eggs - 1/2 tsp salt - 1/2 tsp pepper - 1/2 cup basil pesto

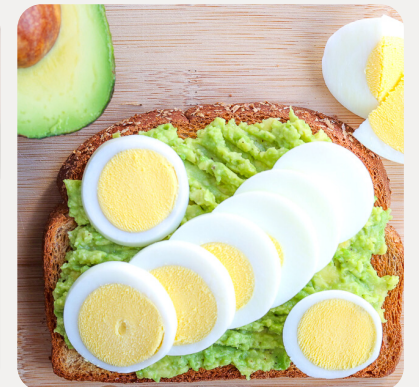
Preheat oven to 350°F. Prepare a 9-inch pie plate with nonstick cooking spray. In a bowl, whisk together eggs, salt and pepper. Pour into prepared pan. Use a spoon to drop pesto into eggs and use a fork to swirl pesto into eggs. Bake 30-35 minutes, until egg starts to pull away from the edges of the pan and center is set. Allow to cool slightly, then cut into slices. For babies, cut into strips.



AVOCADO EGG TOAST

1 large avocado - 4 slices whole wheat bread - 4 hard cooked eggs

For babies, place avocado and eggs in a bowl. Use a fork to mash to desired texture. Spread over bread slices. Slice into strips. For adults, place avocado in a bowl and use a fork to mash. Spread equal amounts of avocado over bread slices. Top each bread slice with hard-cooked eggs.



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