

The Importance of Choline in the Diet



A healthy eating routine can help boost your health today and in the years to come.



Fetal Growth



Nervous System



Mood and Memory

Choline is especially important during pregnancy and while breastfeeding to support the infant's growth and development.

Also, it supports the nervous system, plays a role in mood and memory, helps with muscle control, and supports the baby's healthy brain and spinal cord development.

The need for choline increases during pregnancy and later during breastfeeding.

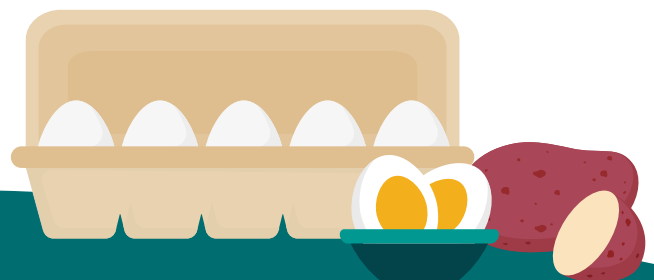
The body naturally makes small amounts of choline, but it is not enough to meet individual needs, so it is important to eat a healthy diet with choline-containing foods.



GET YOUR NUTRIENTS FROM YOUR WIC* FOODS!

Eggs and red potatoes.

*Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



See other foods that contain choline from <https://ods.od.nih.gov/factsheets/Choline-Consumer/>