

CHOLINE for a Healthy Pregnancy

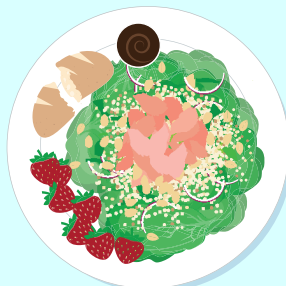
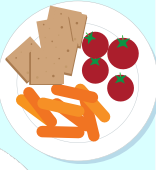
To support healthy weight gain and keep up with the nutritional needs of both mom and the developing baby, additional nutrients are necessary.

Nine out of 10 Americans don't meet the daily recommended choline intake of 550 mg^{1,2} and it can be challenging to reach this goal even when choosing choline-containing foods like beef, eggs, wheat germ and Brussels sprouts. Choline is particularly important during pregnancy for both mom and baby because it supports healthy brain growth and offers protection against neural tube defects.

Women are encouraged to take a prenatal supplement before and during pregnancy to ensure they're meeting vitamin and mineral recommendations. In fact, the American Medical Association recommends that choline be included in all prenatal vitamins to help ensure women get enough choline to maintain a normal pregnancy.³ **Look for a prenatal supplement that contains folic acid, iron, DHA (omega-3s), vitamin D and choline. Consider smart swaps to get the most choline in your diet for a healthy pregnancy, as well as optimal health after baby arrives.**

PREGNANCY EATING PATTERN*

CHOLINE-FOCUSED PREGNANCY EATING PATTERN*

BREAKFAST	<ul style="list-style-type: none"> 1½ cups toasted whole grain oat cereal 1 cup nonfat milk ⅓ cup blueberries ⅓ cup sliced banana 	<ul style="list-style-type: none"> 1 hard-cooked egg 1 large peach 1 slice whole grain bread 1 tablespoon jelly 1 cup nonfat milk 
SNACK	<ul style="list-style-type: none"> ½ whole grain bagel 2 tablespoons peanut butter 1 small apple ½ cup nonfat vanilla Greek yogurt 	<ul style="list-style-type: none"> 1 whole wheat tortilla 2 tablespoons peanut butter ½ large banana 
LUNCH	<ul style="list-style-type: none"> 2 slices whole grain bread 3 oz. roasted turkey breast ½ avocado 2 leaves romaine lettuce + 2 slices tomato 1 thick slice red onion 1 tablespoon mayonnaise 1 cup chopped romaine lettuce ¼ cup each: corn kernels + low-sodium black beans 2 tablespoons shredded cheddar cheese 1 tablespoon ranch dressing Season with cumin + chili powder + cilantro 	<ul style="list-style-type: none"> 2 cups chopped romaine lettuce 3 oz. canned salmon ⅓ cup sliced strawberries ¼ cup chopped red onion 1½ oz. mozzarella cheese ½ cup quinoa 1 tablespoon each: slivered almonds + unsalted pumpkin seeds 2 tablespoons light balsamic vinaigrette 2 oz. whole grain roll 
SNACK	<ul style="list-style-type: none"> 1 oz. bag vegetable chips ½ oz. roasted, unsalted almonds (about 11 each) 	<ul style="list-style-type: none"> ½ cup baby carrots (about six) ½ cup cherry tomatoes 5 low-sodium whole grain crackers 
DINNER	<ul style="list-style-type: none"> 1½ cups whole grain penne pasta ¼ cup each: peas + sliced zucchini 2 cups spinach ½ cup light alfredo sauce 1 cup nonfat milk 	<ul style="list-style-type: none"> 3 oz. lean beef 1 cup cooked brown rice ⅓ cup each: edamame + chopped Brussels sprouts + sliced carrots + chopped bell pepper ½ cup mandarin oranges 1 cup nonfat milk 
Total Calories: 2,365		Total Calories: 2,493
Total Choline: 317 mg		Total Choline: 506 mg Items in bold are higher in choline.

Consult with a doctor or registered dietitian for personal nutrition needs during pregnancy.

1. Wallace TA and Fulgoni VL 3rd. Assessment of Total Choline Intakes in the United States, Journal of the American College of Nutrition, DOI: 10.1080/07315724.2015.1080127. Published online February 17, 2016.

2. U.S. Department of Health and Human Services. Food Labeling: Revision of the Nutrition and Supplement Facts Labels. 21 CFR §101. <https://www.gpo.gov/fdsys/pkg/FR-2016-05-27/pdf/2016-11867.pdf>. Revised May 27, 2016. Effective July 26, 2016. Accessed May 25, 2017.

3. American Medical Association House of Delegates. Report of Reference Committee E. <https://www.ama-assn.org/sites/default/files/media-browser/public/hod/a17-refcomm-annotated-updated.pdf>. Submitted June 11, 2017. Accessed June 20, 2017.

* Based on a 2,400-calorie diet; Dietary patterns based on the MyPlate Daily Checklist and nutrient recommendations for pregnant women established by the Academy of Nutrition and Dietetics and The American Congress of Obstetricians and Gynecologists.



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