Choline is a nutrient that people need throughout life, yet only 10 percent of Americans are getting enough each day. Women of childbearing age are getting less than half of the choline they need, on average, even though choline is especially important during pregnancy for both mom and baby.

**PROACTIVE PREGNANCY PERKS**
Choline, like folic acid, protects against neural tube defects in early pregnancy.

**BABY BRAIN BUILDER**
Babies' brains grow very quickly. Choline is important for healthy brain growth.

**LONG-TERM MENTAL HEALTH**
Choline intake during pregnancy may be associated with good mental health for children later in life.

**FUEL FOR ACTIVE BODIES**
Choline is a key nutrient for promoting metabolism and supporting a healthy liver throughout life.

**LIFE-LONG MEMORY BOOST**
Choline may help with knowledge retention and memory, which is important at all ages.
A mom needs 550 mg of choline each day to support a healthy pregnancy, and for her own general health before and after pregnancy.3

CHOLINE IN THE DIET

TOP CHOLINE SOURCES

BEEF LIVER

WHEAT GERM CEREAL

BRUSSELS SPROUTS

BEEF AND POULTRY

COLLARDS

LIMA BEANS & EDAMAME

WHOLE EGGS

SALMON

Choline is often NOT in prenatal vitamins.

Consult your doctor before supplementing with choline.

For more tips and tools, visit cholinecouncil.com.


