Pregnancy

90%–95% of pregnant women consume less than the adequate amount.

Choline is an important nutrient during pregnancy that helps a baby’s brain and spinal cord development.

Two whole eggs a day provide more than half of the choline most people need.

Infant

Research shows that introducing food allergens, like eggs, to an infant’s diet lowers the child’s risk of developing an allergy to that food.

Eggs contain choline and lutein (252 mcg), important for brain development, memory and life-long learning.

Toddler

One large egg provides children, 2-3 years old, with almost half of their daily protein needs.

NUTRITION NECESSITIES: From Baby Bump To Teen

Teens

Whole foods with protein, fiber and whole grains can be a satisfying snack, making eggs a great option.

Monitoring screen time? Lutein and zeaxanthin are antioxidants found in egg yolks that can help protect eyes from blue light.

School-Aged Child

Eggs are one of the only foods that naturally contain vitamin D (41 IU), a nutrient critical for building strong bones.

Eating breakfast has been linked to better school performance.

EAT BETTER. LEARN BETTER. Visit EggNutritionCenter.org/BabyBumpToTeen