

# CHOLINE AND BRAIN HEALTH

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Hey Shoppers, did you know that choline is an essential nutrient that plays an important role in the health of our brains? It is even more important for pregnant and nursing moms, and babies. So grab some eggs! They have eight essential nutrients including choline and high-quality protein, plus are economical and easy to prepare. Need some egg inspiration? Make a cheese and spinach omelet for breakfast; add a hard-cooked egg to your salad at lunch; or get creative at dinner and scramble up some eggs in a build-your-own taco night.

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# EGG INTRODUCTION AND ALLERGY

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Hey parents, did you know that the Dietary Guidelines Advisory Committee suggests that early exposure to certain allergens, such as eggs and peanuts, may actually reduce the chances of developing an allergy to that food. Around four to six months of age, when a baby is developmentally ready for solids, a simple scrambled or hard cooked egg is a good place to start. And of course, eggs are a good source of protein plus other essential nutrients, including choline... important for your baby's brain health and development.

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