Choline is an essential nutrient for all ages and stages of life. Yet, 90 percent of Americans are not getting adequate amounts of choline in their diets.

**HEART HELPER**
Give homocysteine the heave-ho! Choline reduces the amount of this amino acid in the blood. High levels of homocysteine are associated with increased risk for heart disease.

**MOM’S BEST FRIEND**
During pregnancy, choline passed from mom to her growing baby helps prevent neural tube defects and may help improve the child’s ability to better focus and process information later in life. And choline + B vitamins work together to give mom more energy!

**MASTER OF METABOLISM**
Choline is part of the process that helps metabolize and move fat out of the liver, keeping this vital organ healthy and functioning properly to filter nutrients and convert food into energy.

**BABY BRAIN BUILDER**
Early childhood is a time of rapid brain development, and choline boosts the brain’s ability to grow and function well.

**FUEL FOR ACTIVE BODIES**
Choline promotes and regulates metabolism for increased energy, while also sending messages from the brain to muscles for improved movement and endurance.

**BUILDING BLOCK OF MEMORY**
Choline helps the brain process and store memories, which is important for learning and retaining knowledge.
The recommended daily intake for choline is **550 mg**. Choline is not found naturally in many everyday foods, and most sources provide a fraction of the amount we need each day.

**BUILD A DIET WITH CHOLINE**

To meet choline needs (550 mg/day), a sample daily diet would need to include*:

- **2 WHOLE EGGS** (with yolks)
- **1/3 CUP LIMA BEANS**
- **1 (3-OZ) CHICKEN BREAST**
- **1/2 CUP WHEAT GERM CEREAL**
- **1 CUP BRUSSELS SPROUTS**

**550 MG TOTAL**

**FORTIFY YOUR DIET WITH CHOLINE**

Look for foods fortified with choline or consider supplements with choline to fill gaps.

**HOW DO I FIND CHOLINE?**

Soon it will be easy to see which foods deliver choline, since it can now be included on Nutrition Facts labels!

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**Nutrition Facts**

Canned Salmon  
2 servings per container  
Serving size 3oz

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Choline</td>
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</tbody>
</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
WHERE CAN I FIND CHOLINE?

LIVER
283mg (3oz)

WHEAT GERM CEREAL
201mg (1 cup)

WHOLE EGGS
147mg (1 large--with yolks)

WHITE FISH (FLOUNDER, SOLE)
102mg (1 fillet)

STEAK
86mg (3oz)

CANNED SALMON
74mg (3oz)

LIMA BEANS
75mg (1 cup cooked)

CHICKEN BREAST
70mg (3oz)

BRUSSELS SPROUTS
63mg (1 cup cooked)

For more tips and tools, visit cholinecouncil.com.

References:


*Example for illustration purposes only, not intended to be a diet plan.