COGNITION

EGGS CONTAIN IMPORTANT *Nutrients* FOR BRAIN HEALTH

Eggs are among the few foods that supply both choline and lutein, nutrients that are important for brain development, memory and life-long learning.

Choline is essential for brain health. It plays a role in early brain development during pregnancy and infancy, particularly in areas of the brain that are used for memory and learning. Most Americans, including pregnant women, do not consume enough choline in their daily diet. The good news is that a healthy eating pattern that includes eggs can supply adequate choline and other important nutrients.
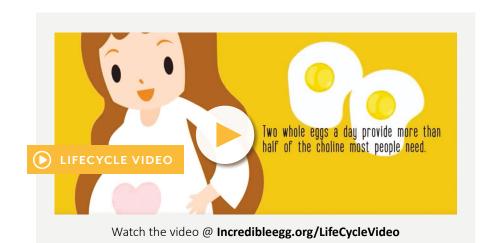
Lutein has long been associated with eye health but research has discovered lutein's role in cognition as well. Similar to how lutein accumulates in the eye, it's also present in the brain and has been shown to play a role in cognition in older adults and academic performance in children.

🔑 KEY MESSAGES

- Choline and lutein, two important nutrients for brain health, are found in eggs.
- Choline is not found in high quantities in many foods typically consumed by Americans. However, eggs have one of the highest amounts of choline of any food.
- Eating eggs has been associated with improved cognitive performance in adults.[1]

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LIFECYCLE VIDEO

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

Watch the video @ **Incredibleegg.org/LifeCycleVideo**

THE AMERICAN MEDICAL ASSOCIATION recommends choline in prenatals for pregnant women to support brain development in the fetus. Moms-to-be and most adults don't get enough, and eggs are an excellent source. **EggNutritionCenter.org/CholinePrenatals**

THE #ANTIOXIDANT LUTEIN is not just for eyes but important for brain health too. Learn more here: **EggNutritionCenter.org/Lutein**

SMART BREAKFAST EATERS enjoy egg & veggie muffins w/a side of choline & lutein (nutrients in eggs) 4 brain health! **EggNutritionCenter.org/SmartBreakfastEaters**

RECIPE IDEA

Spicy Sriracha Baked Avocado Eggs

Download recipe @ **EggNutritionCenter.org/SrirachaBakedAvocadoEggs**

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SHAREABLE GRAPHICS

Eating eggs may improve cognitive performance

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HANDOUT

EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

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