

# EGGS FOR MATERNAL & INFANT HEALTH

## A NUTRIENT-RICH CHOICE FOR MOM & BABY

Eggs are a nutritious choice that offer important nutrients for maternal health like high-quality protein, choline, and iodine. And in fact, many key nutrients, like vitamin D and the carotenoids lutein and zeaxanthin, are found in the yolk. With many people tossing that beautiful yellow goodness, it's time to remind moms about the importance of eating the WHOLE EGG for their health and their baby's health too!

## EXTENDING THE FIRST 1000 DAYS

*FROM PRECONCEPTION THROUGH PREGNANCY TO BIRTH UNTIL 24 MONTHS OF AGE*

The preconception period may be just as important as the prenatal period when it comes to pregnancy outcomes and the future health of the baby. It's imperative to give moms-in-the-making the tools they need right from the beginning when it comes to their nutrition (and their baby's, too!).

Did you know approximately 90% of Americans and pregnant women don't consume enough choline? Choline is an essential nutrient that plays a role in fetal brain development and reduces risk for neural tube defects. Plus, newer research suggests that adequate maternal choline intake during the prenatal period (and possibility into lactation) may have positive long-term neurocognitive effects on the child well into their school-aged years.

To set moms everywhere up for success, there's a simple food-forward solution to help her consume nearly 25% of her daily choline needs and it goes like this: #PutAnEggOnIt!

Flip the page to see five creative ways to enjoy nutritious, delicious, versatile, cost-effective eggs!

### NUTRIENTS IN ONE LARGE EGG

#### Excellent Source (>20% DV)

- Vitamin B12 0.5mcg (20% DV)
- Biotin 11mcg (35% DV)
- Iodine 28 mcg (20% DV)
- Selenium 15mcg (25% DV)
- Choline 150mg (25% DV)

#### Good Source (10-19% DV)

- Riboflavin 0.2mg (15% DV)
- Protein 6g (12% DV)
- Pantothenic Acid 0.8mg (15% DV)

### CHOLINE ADEQUATE INTAKES

425 MG ADULT WOMEN  
450 MG PREGNANCY  
550 MG LACTATION



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## EGGS-CELLENT WAYS TO #PUTANEGGONIT

Any busy mom knows how challenging it can be to find the time to eat. Thankfully, with a little forethought (i.e. making sure you pick up eggs at the market) you can whip up these tasty recipes in no time! Whether you're looking for a quick snack or a main meal, eggs come to the rescue to provide a simple and nutritious addition to every diet.

### SCRAMBLED



**Recipe:** Take one large egg and whisk with a splash of milk. Heat a drizzle of oil in a nonstick skillet over medium heat. Pour in eggs and gently scramble with a spatula until cooked through. Place on top of leftover roasted veggies, toss into a half bell pepper or roll in a tortilla with a slice of cheese and salsa for a grab-and-go option.

**Tip:** Tight on time? Make a quick scramble in the microwave.

### OVER HARD



**Recipe:** Heat oil in a skillet over medium heat and crack in one large egg. Cook for 1 minute, or until white sets, and then flip with a spatula. Cook for another 1-2 minutes or until white and yolk are set. Place on top of whole grain toast.

**Tip:** Amp up the nutrition by adding avocado, sliced tomato and fresh herbs.

### HARD BOILED



**Recipe:** Mash one large hard-boiled egg and mix with a tablespoon of plain Greek yogurt and a dash of salt, pepper and dried dill. Add hard-boiled egg mixture to toasted English muffin. Top with fresh herbs and diced red onion for extra flavor.

**Tip:** Purchase pre-cooked hard-boiled eggs to save time or meal prep hard-boiled eggs weekly.

### FRITTATA



**Recipe:** Whisk 12 eggs with 3 tablespoons milk, 1/4 cup cheese, and 3 cups cooked vegetables. Heat veggies in an oven-safe nonstick skillet and add egg mixture over top. Heat until outer edges begin to set and transfer to a preheated oven at 425°F to finish cooking for 10 to 12 minutes. Remove from oven, let sit 10 minutes, and enjoy!

**Tip:** Serve this as a family meal and save leftovers for a heat-and-eat meal later.

### OMELET



**Recipe:** Whisk two large eggs with salt and pepper and add to a nonstick pan sprayed with cooking spray over medium heat. When eggs appear cooked and no visible liquid egg remains, place omelet on a plate. Top with fresh salsa and sliced avocado, fold in half and enjoy!

**Tip:** For an extra punch of fiber and protein, add in black beans.

Note: \*Preparation methods indicated are to provide a thoroughly cooked white and yolk. To promote food safety during pregnancy, it's recommended to cook egg dishes to 160°F.

Join the fun and #PutAnEggOnIt with your latest creations! Be sure to follow ENC on social too!



Access the references list at [EggNutritionCenter.org/Handout-Citations](http://EggNutritionCenter.org/Handout-Citations)