

Feeding the first 1000 days

How egg nutrients help build a baby's brain in pregnancy and early years

147mg

CHOLINE

Choline for a growing brain

One large egg gives about 147 mg of choline, a nutrient the body uses to build cell membranes and support normal brain development.

Source: [NIH Office of Dietary Supplements](#)

24mcg

FOLATE

Folate for early growth

One large egg has about 24 mcg of folate, a B vitamin the body uses for normal cell division and tissue growth in early life.

Source: [USDA FoodData Central](#)

0.4mcg

VITAMIN B12

B12 for nervous system growth

One large egg provides about 0.4 mcg of vitamin B12, used by the body to form red blood cells and maintain the nervous system.

Source: [NIH Office of Dietary Supplements](#)

15mcg

SELENIUM

Selenium for thyroid function

One large egg contains about 15 mcg of selenium, a mineral the body uses to support normal thyroid function important for early growth.

Source: [USDA FoodData Central](#)

1.0mcg

VITAMIN D

Vitamin D for bone growth

One large egg provides about 1.0 mcg of vitamin D, a nutrient the body uses to help absorb calcium and support normal bone growth.

Source: [USDA FoodData Central](#)

IN SHORT

A good egg on the breakfast table is a small, steady way to support your child's growth, one ordinary morning at a time.

References

1. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
2. [USDA FoodData Central](https://fdc.nal.usda.gov/food-details/171287/nutrients) <https://fdc.nal.usda.gov/food-details/171287/nutrients>
3. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/) <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
4. [USDA FoodData Central](https://fdc.nal.usda.gov/food-details/171287/nutrients) <https://fdc.nal.usda.gov/food-details/171287/nutrients>
5. [USDA FoodData Central](https://fdc.nal.usda.gov/food-details/171287/nutrients) <https://fdc.nal.usda.gov/food-details/171287/nutrients>