

Eggs for Expecting Mothers

What one egg brings to a pregnancy plate

Protein Builds Baby's Body

Protein needs rise to 71 g a day from the second trimester onward. One large egg delivers 6.3 g of complete protein, supplying all nine essential amino acids your body cannot make.

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

Choline for the Growing Brain

Choline needs rise to 450 mg a day in pregnancy. Egg yolks are among the richest natural sources. Choline supports the formation of the baby's brain cells and neural connections.

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

Folate for Every New Cell

Folate needs climb to 600 mcg daily during pregnancy. Eggs are a natural source of dietary folate, used by the body for the rapid cell division that builds a baby's organs.

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

Iron for Two Blood Supplies

Iron needs rise by 50 percent in pregnancy to 27 mg a day, up from 18 mg for non-pregnant adult women. Eggs contribute non-heme iron. Pairing them with vitamin C rich foods like tomatoes helps the body absorb it better.

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

Vitamin D and B12 in One Food

Egg yolks are one of very few natural food sources of vitamin D. One egg also supplies B12, which the body uses to form red blood cells and maintain nerve function.

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

IN SHORT

A morning egg in Multan is one of the simplest ways a mother can feed herself and her baby well.

References

1. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Pregnancy-HealthProfessional/>
2. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
3. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>
4. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
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