

Choline

Building your Baby's Brain



What is Choline?

- A key nutrient, acting as a building block for your baby.
- Essential for **brain growth** during pregnancy and through age 4.



- Builds the part of your baby's brain needed for learning.

You may need extra choline if:

- You have morning sickness.
- You eat a plant-based diet.
- **You drank alcohol at any point while pregnant** (it may help baby's brain recover from its harmful effects).



Choline and Prenatal Vitamins

Most prenatal vitamins have **little or no choline**, supplying only a tiny bit (0-20%) of what your baby needs.

Best Food Sources



Eggs & Dairy

Egg yolks, yogurt, and cheese.

Meat & Fish

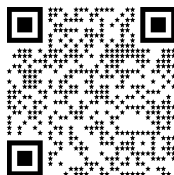
Beef, chicken, and fish.



Veggies & Grains

Beans, broccoli, and quinoa.

Scan for more
choline-rich
foods



Minimum Daily Needs

Stage	Daily Need
Pregnancy: 1 st Trimester	450 mg
Pregnancy: 2 nd & 3 rd Trimesters	550 mg
Lactating	550 mg
Children (0-5y)	125-150 mg

**Ask your doctor about a
choline supplement!**



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