



EGG  
NUTRITION  
CENTER

# MAKE EVERY BITE COUNT



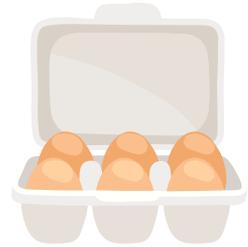
Eggs are a fundamental food for infants and children. They are accessible, affordable, and delicious!

# THE EXPERTS AGREE— EGGS ARE GOOD FOR BABY!



**The American Academy of Pediatrics and the Dietary Guidelines for Americans recommend eggs as an important source of nutrition for brain development.<sup>1</sup>**

Eggs provide several nutrients vital for babies' growth and development. One key nutrient they provide is choline. Eggs are one of the most concentrated sources of choline; just one large egg provides the daily choline needs for babies and toddlers.<sup>1</sup>



**Eggs are naturally nutrient-rich and contain eight essential nutrients** including an excellent source of vitamin B12, biotin, iodine, selenium and choline and a good source of high-quality protein, riboflavin and pantothenic acid as well as the carotenoids lutein and zeaxanthin.<sup>2</sup>

With **90% of brain growth happening before kindergarten**, eggs help make every bite count, especially when babies are being introduced to solid foods.

# CHOLINE FOOD SOURCES

Amount it would take to meet daily recommended intake of choline

Food (amount)	Choline (mg)	Infants up to 12 mo (up to 150mg) <sup>‡</sup>	Toddlers 1-3 yrs (200mg)
<b>Chicken liver (3 oz)</b> 	247	~2 oz	~2 oz
<b>Salmon (3 oz)</b> 	187	~2 oz	~3 oz
<b>Whole egg (1)</b> 	147	~1 egg	~1 egg
<b>Shitake mushrooms (1/2 cup)</b> 	58	~1 cup	~2 cups
<b>Chicken (3 oz)</b> 	56	~1/2 pound	~2/3 pound
<b>Beef (3 oz)</b> 	55	~1/2 pound	~2/3 pound
<b>Wheat germ (1 oz)</b> 	51	~1/3 cup	~1/2 cup
<b>Milk<sup>†</sup> (1 cup)</b> 	38	N/A	~5 cups
<b>Brussel sprouts (1/2 cup)</b> 	32	~2 cups	~ 3cups
<b>Almonds<sup>§</sup> (1 oz)</b> 	15	~2/3 pound	~3/4 pound

<sup>‡</sup> In general, children are developmentally ready to begin solid foods between 4-6 months old.

<sup>†</sup> Children ages birth to 12 months should not drink cows' milk. Children 12-24 months are advised to drink whole cows' milk and children 2 and older nonfat (skim) or low-fat (1%) cows' milk.

<sup>§</sup> Almonds are a choking hazard so when feeding almonds or any nut be sure to grind them up and monitor your child.

# WHAT ABOUT ALLERGIES?

The guidance on introducing potentially allergenic foods has recently changed based on new research.

New research shows that introducing potential food allergens, like eggs, to an infant's diet lowers the child's risk of developing an allergy to that food.<sup>3</sup>

Early introduction of eggs may help reduce the risk of developing an egg allergy.

For this reason, **the Dietary**

**Guidelines recommend eggs**

**as one of the first foods for babies.** When it comes to reducing risk of allergy, early and often is best. **Once introduced, eggs should stay in the diet often—about three times per week.**

Caregivers can play an important role in helping to shape children's eating habits by providing healthy food in the home and by modeling eating behaviors. In other words, one of the best ways to help baby learn to eat healthy is by providing nutrient-rich options for the entire family!



## How should I introduce new foods?

Give only one new food at a time and **wait 2-3 days to see if there is a physical reaction** (vomiting, diarrhea or rashes) before beginning another.

# When should I introduce eggs?

Generally, you can offer eggs to your baby when they are developmentally ready (between 4 and 6 months of age). For more specific information about when your baby is ready for solid foods see the American Academy of Pediatrics parent site [HealthyChildren.org](https://www.healthychildren.org) and talk with your pediatrician about next steps.



# EGGS FOR ALL—A NUTRIENT POWERHOUSE IN A SMALL PACKAGE

Eggs are easy to prepare and easy to love at any age—and at any meal. They are an essential part of building a healthy lifestyle that fuels you and your whole family. The Dietary Guidelines for Americans affirm that eggs, as a nutrient-dense food, can contribute to health and well-being of Americans of all ages:

## Important Nutrients for

**Teenagers:** *The Guidelines encourage eggs for pre-teens and adolescents, especially girls, because of the protein and choline they provide.*



## Muscle Repair and Bone Health:

*The high-quality protein in eggs helps maintain and repair muscle while supporting bone health.*

## B12 for Older Adults:

*Older adults are at nutritional risk for not getting enough protein and vitamin B12, which eggs provide as a good source.*



## Natural Source of both Vitamin D and Choline:

*Americans do not get enough vitamin D, for which eggs are one of the few natural food sources. Also, about 90% of Americans do not get enough choline, an important nutrient for cognitive development and health.<sup>4</sup>*

**Looking for quick and easy ways to “make every bite count?”** Check out these tips and recipes for delicious ways you and your child can enjoy nutrient-dense eggs! For more kid-friendly recipes see [EggNutritionCenter.org](https://www.eggnutritioncenter.org).

As your baby develops feeding skills, you can progress to different forms and flavors.

**FIRST FOODS** – cooked eggs pureed or mashed (with or without infant cereal)



**MIXED FOODS & TEXTURES**  
– scrambled eggs mixed with minced meats or vegetables, baked oatmeal



**FINGER FOODS** – egg frittata fingers, pancake or French toast strips, egg bites and bowls

*Learn more about how eggs, as a nutrient-dense food, support babies' healthy brain development and contribute to health and well-being at every age and life stage. Find family-friendly recipes and advice about introducing eggs to your youngest family members at [EggNutritionCenter.org](https://www.eggnutritioncenter.org).*

# BROCCOLI AND CAULIFLOWER CHEDDAR QUINOA BITES



40M TOTAL TIME



20M PREP TIME



7 INGREDIENTS



6 SERINGS



## INGREDIENTS

- 10 large eggs
- 1 cup pre-shredded cheddar cheese
- 1 cup cooked quinoa
- 1 cup cherry tomatoes, quartered
- ½ cup finely chopped broccoli florets
- ½ cup finely chopped cauliflower florets
- 2 tbsp. finely chopped fresh basil, optional

## DIRECTIONS

1. Preheat the oven to 350°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
2. Crack the eggs into a large bowl. Whisk until well combined. Stir in the cheese, quinoa, tomatoes, broccoli, cauliflower, and basil as desired until well combined.
3. Use a ¼-cup measuring cup to divide the mixture evenly into the prepared muffin cups.
4. Bake until the eggs are set, 16 to 18 minutes. Allow to cool slightly before serving. (Refrigerate leftovers up to 3 days or freeze for up to 1 month.)



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### References:

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020-2025 Dietary Guidelines for Americans. 9th Edition. December 2020. 2. U.S. Department of Agriculture and Agricultural Research Service. FoodData Central. 2019; Available from: <https://fdc.nal.usda.gov/index.html>. 3. Greer, F.R., S.H. Sicherer, and A.W. Burks, The Effects of Early Nutritional Interventions on the Development of Atopic Disease in Infants and Children: The Role of Maternal Dietary Restriction, Breastfeeding, Hydrolyzed Formulas, and Timing of Introduction of Allergenic Complementary Foods. *Pediatrics*, 2019. 143(4). 4. Wallace, T.C. and V.L. Fulgoni, Usual Choline Intakes Are Associated with Egg and Protein Food Consumption in the United States. *Nutrients*, 2017. 9(8).