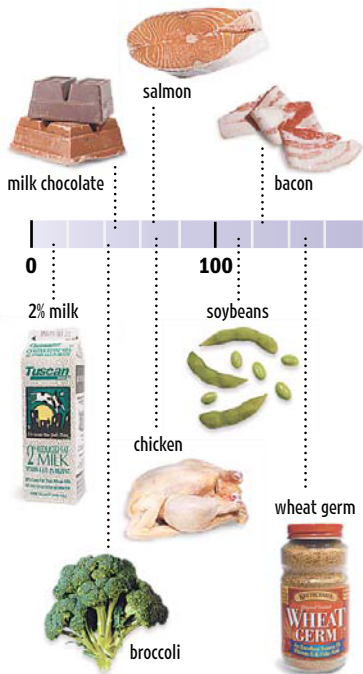


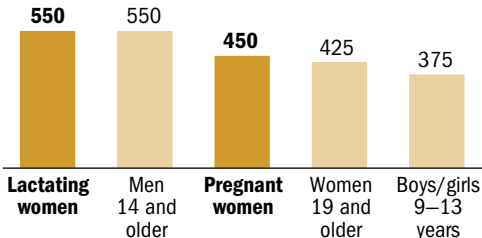
Baby Builder

Everyone needs to get enough choline in their diets to stay healthy. The nutrient is especially critical during pregnancy and breastfeeding, scientists are finding.

Choline content in some common foods,
milligrams of choline per 100 grams of food



Adequate intake levels of choline, in milligrams a day



Sources: National Academies of Science;
U.S. Department of Agriculture