

COGNITION

EGGS CONTAIN IMPORTANT *Nutrients* FOR BRAIN HEALTH

Eggs are among the few foods that supply both choline and lutein¹, nutrients that are important for brain development and health.

Choline is essential for early brain development during pregnancy and infancy. Most Americans, including pregnant women, do not consume enough choline in their daily diet. The good news is that a healthy eating pattern that includes eggs can help supply adequate choline and other important nutrients.

Lutein has long been associated with eye health and emerging research shows lutein may also play a role in cognition. Similar to how lutein accumulates in the eye, lutein and zeaxanthin are also predominate infant brain carotenoids, suggesting a critical need during neural development. Observational studies also indicate that higher lutein intake is linked to reduced risk of mild cognitive impairment, all-cause dementia and Alzheimer's disease in aging adults.^{2,3}

KEY MESSAGES

- Choline and lutein, two important nutrients for brain health, are found in eggs (150 mg and 252 mcg/large egg, respectively).
- Choline is not found in high quantities in many foods typically consumed by Americans. However, eggs have one of the highest amounts of choline of any food.
- Eating eggs has been associated with improved cognitive performance in adults.⁴


REFERENCES:

1. USDA National Nutrient Database (#01123).
2. Feart C, et al. Plasma Carotenoids Are Inversely Associated With Dementia Risk in an Elderly French Cohort. *J Gerontol A Biol Sci Med Sci.* 2016;71(5):683-8.
3. Wang W, et al. Nutritional biomarkers in Alzheimer's disease: the association between carotenoids, n-3 fatty acids, and dementia severity. *J Alzheimers Dis.* 2008;13(1):31-8.
4. Ylilauri MPT, et al. Association of dietary cholesterol and egg intakes with the risk of incident dementia or Alzheimer disease: The Kuopio Ischaemic Heart Disease Risk Factor Study. *Am J Clin Nutr.* 2016;105:476-484.



COGNITION

Spread the Word



LIFECYCLE VIDEO

Two whole eggs a day provide more than half of the choline most people need.

Watch the video @ Incredibleegg.org/LifeCycleVideo

f ABOUT 90% OF ADULTS including pregnant women do not consume enough choline. Two large eggs supply more than half of the recommended intake for pregnant women and can help them meet their needs. EggNutritionCenter.org/CholineIntake



RECIPE IDEA

Spicy Sriracha Baked Avocado Eggs


Download recipe @ EggNutritionCenter.org/SrirachaBakedAvocadoEggs

THE CAROTENOID LUTEIN is not just for eyes but important for brain health too. Learn more here: EggNutritionCenter.org/Lutein


SMART BREAKFAST EATERS liven up traditional oatmeal with eggs for a choline & lutein boost. Support brain health with this sweet and savory breakfast bowl: EggNutritionCenter.org/BreakfastBowl

DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT COGNITION.

SHAREABLE GRAPHICS



COGNITIVE ICON
EggNutritionCenter.org/CognitiveIcon



Eating eggs may improve cognitive performance

COGNITIVE GRAPHIC
EggNutritionCenter.org/CognitiveGraphic

HANDOUT



EGG NUTRIENTS FOR HEALTH
EggNutritionCenter.org/EggNutrientsForHealth