

Eggs are brain food

By Colleen Pierre, R.D., *Parents.com*, January 2008, Reprinted from *Child Magazine* April 2003

Why nutritionists say eating eggs may boost your child's growth and development.

Easter eggs aren't just tons of fun for kids to dye: The yolks are packed with the nutrient choline, critical during your child's first six years to ensure full development of the brain's memory center. "I go out of my way to give eggs to my 3- and 5-year-olds," says Leslie Fischer, R.D., project director of choline studies at the University of North Carolina at Chapel Hill.

One yolk has about 200 mg of choline, which exactly meets the daily requirement for 1- to 3-year-olds and comes close to the 250 mg that 4- to 8-year-olds need.

Added benefits: "Egg yolks are loaded with other nutrients important to your child's growth and development, including vitamin A, iron, and folate," Fischer says. "And there's no reason to worry about eggs' cholesterol or fat content for a growing child who isn't overweight." In fact, it's fine for kids to eat one egg per day.

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