

# CHOLINE: The Essential Nutrient You Need to Know

Choline is an essential nutrient for promoting health at all life stages,<sup>1</sup> with the recommended daily intake being 550 mg for older children and adults. Ninety percent of Americans do not meet daily choline needs,<sup>1</sup> so it is critical to focus on a variety of delicious, nutrient-rich foods that can help fill the choline gap.

**DID YOU KNOW?**

Choline can now be found on the Nutrition Facts label.

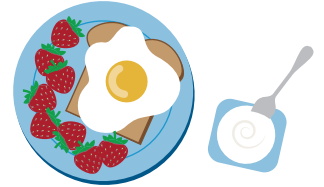
## GENERAL DIET\*

## CHOLINE-FOCUSED DIET\*

**BREAKFAST**

1 slice whole grain bread  
1 tablespoon peanut butter  
1 cup nonfat milk  
1 large banana

**1 egg**  
1 slice whole grain bread  
1 cup strawberries (about 8 large)  
1 8 oz. container nonfat Greek yogurt



**SNACK**

<sup>3</sup>/<sub>4</sub> oz. pretzels (about 15 mini)  
<sup>1</sup>/<sub>4</sub> cup carrot sticks  
<sup>1</sup>/<sub>4</sub> cup hummus

1 large banana  
1 trail mix bar



**LUNCH**

2 slices whole grain bread  
1.5 oz. low-sodium turkey deli meat  
1 tablespoon fat-free mayonnaise  
1 lettuce leaf  
1 large tomato slice  
1 cup nonfat milk  
1 cup carrot sticks  
<sup>1</sup>/<sub>4</sub> cup red pepper yogurt dip  
1 oz. low-sodium whole grain crackers (about 6 crackers)

2 cups romaine lettuce  
<sup>1</sup>/<sub>2</sub> medium avocado  
<sup>1</sup>/<sub>3</sub> cup chopped tomato  
<sup>1</sup>/<sub>3</sub> cup chopped cucumber  
<sup>1</sup>/<sub>3</sub> cup shredded carrots  
1.5 oz. low-fat cheddar cheese  
**2 oz. canned salmon, drained**  
2 tablespoons balsamic vinaigrette  
2 oz. sourdough baguette



**SNACK**

<sup>1</sup>/<sub>2</sub> cup plain, nonfat yogurt  
1 large orange  
<sup>3</sup>/<sub>4</sub> cup mixed, unsalted nuts

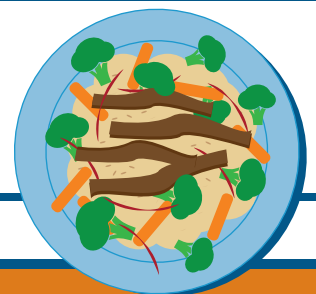
<sup>1</sup>/<sub>2</sub> oz. roasted, unsalted almonds (about 11 almonds)  
<sup>1</sup>/<sub>2</sub> cup sugar snap peas



**DINNER**

2 cups pasta  
1 cup low-sodium marinara sauce  
2.5 oz. lean ground beef  
1 cup nonfat milk

1 cup brown rice  
1 cup steamed broccoli, carrots and peppers  
**3 oz. lean beef**  
1 cup nonfat milk



**Total Calories: 2,138**

**Total Calories: 1,898**

**Total Choline: 276 mg**

**Total Choline: 443 mg**

Even when following a choline-focused diet, it can be challenging to meet the daily choline recommendation of 550 mg. Consider a supplement to get enough choline each day.

For more tips and tools, visit [cholinecouncil.com](http://cholinecouncil.com)

<sup>1</sup> Wallace TA and Fulgoni VL 3rd. Assessment of Total Choline Intakes in the United States, Journal of the American College of Nutrition, DOI: 10.1080/07315724.2015.1080127. Published online February 17, 2016.

\* Based on a 2,000-calorie diet; Dietary patterns based on recommendations from the 2015-2020 Dietary Guidelines for Americans, Healthy U.S.-Style sample eating pattern. <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#table-1-1>

