CHOLINE: The Essential Nutrient You Need to Know

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

**GENERAL DIET**

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

**SNACK**
- 3/4 oz. pretzels (about 15 mini)
- 1/4 cup carrot sticks
- 1/4 cup hummus

**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
- 1/4 cup red pepper yogurt dip
- 1 oz. low-sodium whole grain crackers (about 6 crackers)

**SNACK**
- 1/2 cup plain, nonfat yogurt
- 1 large orange
- 3/4 cup mixed, unsalted nuts

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

Total Calories: 2,138
Total Choline: 276 mg

**CHOLINE-FOCUSED DIET**

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

**SNACK**
- 1 large banana
- 1 trail mix bar

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

**SNACK**
- 1/2 oz. roasted, unsalted almonds (about 11 almonds)
- 1/2 cup sugar snap peas

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

Total Calories: 1,898
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

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* 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.