



for women's health

EGGS ARE A POWERHOUSE

One of the few non-seafood sources of DHA, a key omega-3-fat that is linked to higher IQ in infants



Choline = Folate's Cousin

Folate fosters normal brain development & preventing neural tube defects



It is estimated 90% of women in the U.S. do not meet the recommended daily choline allowance of 450mg per day

2.

Top two sources of choline
Egg yolks & Liver

2 eggs (w/yolk) per day meets about half of pregnant woman's needs for choline

3.

Vitamins in eggs:

Pantothenic acid	Folate
Vitamin B-6,	Niacin
Vitamin B-12	Vitamin A
Riboflavin	Vitamin D
Thiamin	Vitamin E
Biotin	Vitamin K

Fantastic Four Vitamins

Vitamin A	Vitamin E
Vitamin D	Vitamin K

concentrated in the yolks

"Pregnant women need extra vitamin A for fetal growth and tissue maintenance and for supporting their own metabolism."
(NIH)

Importance of Vitamin A

An essential nutrient for normal growth and development during pregnancy including:

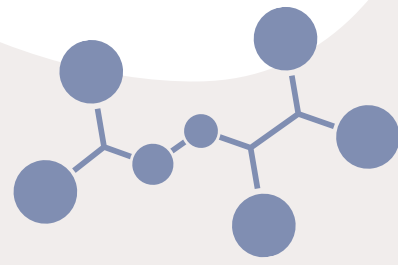
- Eyes
- Heart
- Kidneys
- Developing lungs
- + other organs

One-third of pregnant women fail to consume enough, even in areas where they have plenty of access to vitamin A-rich foods.
(European Journal of Nutrition, 2007)

you may have heard you can get vitamin A from plant foods, like carrots and sweet potatoes, but *that's not exactly true.*

"A summary of the major human studies that determined conversion factors for dietary β -carotene to retinol ... show that the conversion efficiency of dietary β -carotene to retinol is in the range of 3.6-28:1 by weight. There is a wide variation in conversion factors reported not only between different studies but also between individuals in a particular study."

(American Journal of Clinical Nutrition, 2010)



Short answer:
You must consume some "actual" vitamin A, not rely on beta carotene to meet your needs

Paradoxically, the more beta-carotene you eat, the less you convert to vitamin A
(Journal of Nutrition, 2010)

you will need some dietary sources of preformed vitamin A to ensure enough for yourself and your growing baby

there is a reason people consider eggs a food-based multivitamin

B
Adequate B-vitamins play a role in everything from brain development, placental function, blood sugar metabolism, detoxification, & management of common pregnancy complaints like nausea and fatigue

Protein
Eggs are a complete protein, providing all essential amino acids in a highly bioavailable form.

Ready to Learn More?

One way to measure protein quality is by a ranking system called biological value.

Eggs top the list with a perfect score.

Take advantage of your FREE Discovery Call!

CLICK HERE

Now you know why eggs are a POWERHOUSE of nutrients for you and your growing baby

Let me help you prepare for your new journey