



spotlight on health

Remember: Nutrient In Eggs May Help Memory

(NAPSA)—Researchers say choline, a nutrient found in eggs, may play a critical role in the development of an infant's mind.

That's according to research on "Emerging Nutrients in Fetal Development" presented at the American Dietetic Association's annual Food & Nutrition Conference and Exhibition. Leading expert, Steven Zeisel, M.D., Ph.D., Department of Nutrition, School of Public Health and School of Medicine, the University of North Carolina at Chapel Hill, reported that the nutrient choline, when consumed during pregnancy, may be key in the development of an infant's memory function and may even improve memory capability later in life. Eggs and beef liver are cited as excellent dietary sources of choline. "I think that pregnant women should consume a balanced diet containing a variety of foods, and that one or two eggs a day can only be helpful in terms of delivering the right amount of choline during pregnancy," says Dr. Zeisel.

"Research with animal models shows that if a mother doesn't have enough choline during pregnancy, the fetus' brain doesn't develop normally and the baby can be born either with defective memory or lower memory capabilities that lasts throughout life," he adds.

Choline, a nutrient essential for normal functioning of all cells, assures the structural development and signaling functions of cell membranes. In addition to



Doctors believe a nutrient in eggs, added to the mother's diet during formation of the fetus, may boost memory retention later on in life.

memory, research shows that choline can improve cardiovascular health, liver function and reproductive development.

Dr. Zeisel examined choline's role during pregnancy in the development of critical areas of the fetus' brain and its effect on brain function later in life. In research using laboratory rats that received choline supplements (in utero or during the second week of life), Dr. Zeisel found that the rats' brain function changed, resulting in lifelong memory enhancement. The change in memory function appears to be due to changes in the development of the memory center in the brain.

To learn more about the latest research regarding the health benefits of eggs, log onto the Egg Nutrition Center's Web site at www.enc-online.org.