Choline

**MAIN FUNCTIONS**
- Structural component of all cell membranes
- Transport and metabolism of fat and cholesterol
- Helps make some important neurotransmitters
- Helps maintain normal levels of homocysteine in the blood

**GOOD SOURCES**

<table>
<thead>
<tr>
<th>Eggs</th>
<th>Meat (beef • poultry)</th>
<th>Seafood (fish • shellfish)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg, 1 large, 147 mg</td>
<td>Beef, 3 ounces, 97 mg</td>
<td>Scallop (steamed), 3 ounces, 94 mg</td>
</tr>
</tbody>
</table>

**DAILY RECOMMENDATION**
- **Men**
  - 550 mg
- **Women**
  - 425 mg

**SPECIAL NOTES**
- Choline can be made in the body, but it is not enough to support health. Therefore, it must also be consumed in the diet.
- A varied diet should provide enough choline for most people, but strict vegetarians who don't consume milk or eggs may be at risk of inadequate choline intake.

*mg = milligrams; a 3-ounce serving of meat or fish is about the size of a deck of cards*