

CHOLINE



Oregon State University
Linus Pauling Institute

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

Eggs

- Egg, 1 large, 147 mg



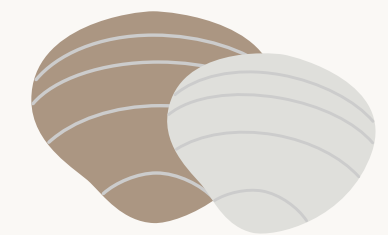
Meat

- beef • poultry
- Beef, 3 ounces, 97 mg



Seafood

- fish • shellfish
- Scallop (steamed), 3 ounces, 94 mg



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

DAILY RECOMMENDATION

550
mg

Men

425
mg

Women

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.