



Eggs and Expecting

A Nutrient
Powerhouse
for Pregnancy



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Key Nutrients for Pregnancy and How Eggs Fit In

Eating the right nutrients during pregnancy helps support your baby's growth and keeps you feeling your best. Here's why nutrients like choline, protein, and folate are important — and how eggs can be a simple way to get them.

Nutritional information 2 large eggs¹

Choline . . . 410 mg
Protein . . . 13 g
Folate . . . 70 mcg
DHA* . . . 12 mg

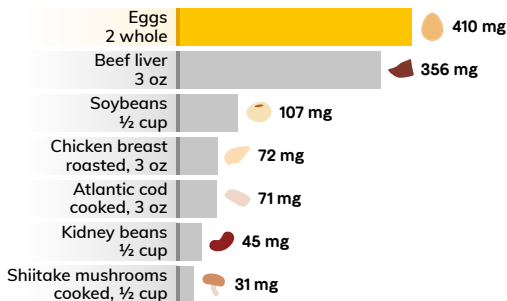
* two omega-3 enriched eggs provide 150-250 mg of DHA



Choline: For Baby's Brain Development

Health Canada recommends **450 mg of choline per day during pregnancy**,² but up to 95% of pregnant people don't get enough. Two large eggs provide 410 mg of choline,¹ that's 75% of your daily needs!

Choline values in food^{1,3}



Did you know?

Very few prenatal vitamins include choline, and the ones that do range from 10–250 mg per dose — so food sources, like eggs, are especially important!



Protein: For Baby's Building Blocks

Protein is essential for the growth of your baby's muscles, organs and placenta. Health Canada recommends **71 grams of protein per day during pregnancy** (up from 46 grams per day for non-pregnant women).²



Tip: Pair your veggies with whole eggs to help absorb the fat-soluble nutrients!



Omega-3 Fats: For Baby's Brain and Eyes

Omega-3 fatty acids, especially DHA (docosahexaenoic acid), are crucial for your baby's brain and eye development. **200–300 mg of DHA per day is recommended during pregnancy.**⁴



Tip: To boost omega-3 intake, pair eggs with other omega-3-rich foods like flaxseeds, walnuts and fatty fish, like salmon or sardines.



Folate: For Baby's Development

Folate (or folic acid) helps prevent birth defects and supports healthy growth. Health Canada recommends taking a multivitamin with 400 mcg of folic acid per day, as **folate needs increase to 600 mcg per day during pregnancy.**^{3,5} Eggs are a natural source of folate. Two large eggs provide 70 mcg of folate, and when paired with folate-rich foods like leafy greens and beans, along with supplementation, they help ensure you're getting the nutrients you need for a healthy pregnancy.



Tip: Prenatal multivitamins in Canada will have at least 400 mcg of folate or folic acid. The Canadian Paediatric Society recommends starting them at least three months prior to conception.⁵

Navigating Nausea and Reflux

Your growing baby pressing against your stomach, mixed with hormonal changes, can lead to nausea and reflux. Luckily, small adjustments to your diet and routine can help ease discomfort:⁶

- ✓ Focus on small, frequent meals and snacks
- ✓ Eat slowly and chew well
- ✓ Engage in gentle movement
- ✓ Enjoy milder flavours
- ✓ Stay upright after eating
- ✓ Eat more liquid and soft-textured foods like smoothies, yogurt, soup, scrambled eggs
- ✓ Stay hydrated with small sips of water throughout the day
- ✓ Sip on ginger tea for anti-nausea effect
- ✓ Wear loose fitting clothing
- ✓ Sleep with your head elevated




Cracking the code for food safety

Safely handling and cooking eggs helps to protect you and your baby.

Follow these simple guidelines:

- ✓ **Eat:** Fully cooked egg dishes (internal temperature 74°C/165°F), firm yolks, no runny yolks during pregnancy.⁷
- ✗ **Avoid:** Raw or undercooked eggs in salad dressings, cookie dough, cake batter, sauces or homemade eggnog.⁷
- ✓ **Do:** Always store eggs in the coldest part of your fridge at 4°C (40°F) or lower to keep them fresh.⁸



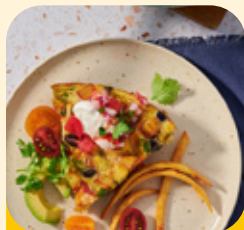
Tip: Always refrigerate any leftover egg dishes (like quiche or egg salad) within two hours of cooking.⁸

Tip: Label your egg containers with the date you cooked them to keep track of freshness!



Egg-cellent Recipes

Plan ahead by meal prepping. It can be great to have ready-made food available on low-energy days and postpartum. Here are some of our favourites!



**Cheesy Frittata with
Black Beans and Peppers**



**Boiled Egg
Snack Packs**



**Sheet Pan
Breakfast Sandwiches**



**Barley Egg Fried Rice
with Chickpeas**



Quiche



Egg BLT Pasta Salad

Get more recipes at eggs.ca/recipes





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