

Choline: Six Foods, One Daily Target

The six foods that cover the daily choline target, with the milligrams for each, and who should ask about a supplement.

✓ **Verified against published guidance** from NIH ODS, Harvard Chan & Cleveland Clinic · sources below

The daily Adequate Intake is 550 mg for men and 425 mg for women aged 19 and older. It rises to 450 mg in pregnancy and 550 mg while breastfeeding (Harvard T.H. Chan School of Public Health). There is no Recommended Dietary Allowance for choline, because the data is not there to set one. Talk with your provider before adding any supplement, especially if you are pregnant or breastfeeding.

✓ Do This

Eat Beef Liver Now And Then

- 3 ounces is about 356 mg
- One serving clears the day
- Chicken liver is about 246 mg

COACH'S TIP Cleveland Clinic per serving.

Put One Egg Back On The Plate

- 147 mg in one large egg
- Two eggs are half for women
- 27 percent of the daily value

COACH'S TIP Second only to liver.

Choose Lean Beef At Dinner

- Braised top round is 117 mg
- Lean ground beef is 72 mg
- Chicken breast is 72 mg

COACH'S TIP Per 3 ounce serving.

Cook A Cup Of Shiitakes

- 116 mg per cooked cup
- Top plant source on the list
- 21 percent of daily value

COACH'S TIP Cleveland Clinic names it.

Roast Half A Cup Of Soybeans

- About 107 mg per half cup
- Lima beans are 75 mg a cup
- 21 percent of daily value

COACH'S TIP Beans carry real amounts.

Add Cauliflower To The Tray

- 72 mg per cooked cup
- Brussels sprouts are 30 mg
- Broccoli and cabbage are 30 mg

COACH'S TIP Cruciferous is on the list.

✗ Do Not

Do Not Assume You Get Enough

- Most US diets fall short
- Symptoms are vague
- NIH says so plainly

COACH'S TIP Count a normal week first.

Do Not Treat It As A Vitamin

- No Recommended Daily Allowance
- Set to prevent liver damage
- Only an Adequate Intake

COACH'S TIP Harvard Chan explains why.

Do Not Rely On Your Liver

- Your body makes small amounts
- The rest comes from food
- Not enough for daily needs

COACH'S TIP Harvard Chan says so.

Do Not Buy Before You Read

- Many multivitamins carry it
- Check the bottle you own
- Bitartrate or lecithin

COACH'S TIP NIH ODS names the forms.

Do Not Skip The Plant Side

- Shiitakes are 116 mg a cup
- Wheat germ is 51 mg an ounce
- Lima beans are 75 mg

COACH'S TIP Liver is not required.

Do Not Guess In Pregnancy

- Target rises to 450 mg
- Above the everyday 425 mg
- 550 mg while breastfeeding

COACH'S TIP Ask at a prenatal visit.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

550 mg Daily target, men 19 and older

425 mg Daily target, women 19 and older

147 mg One large hardboiled egg