

**Supplementary Table 2.** Common food sources of choline [67]

Food	Per serving, mg	DV, %
Beef liver, pan fried, 3 ounces	356	65
Egg, hard boiled, 1 large egg	147	27
Beef top round, separable lean only, braised, 3 ounces	117	21
Soybeans, roasted, ½ cup	107	19
Chicken breast, roasted, 3 ounces	72	13
Beef, ground, 93% lean meat, broiled, 3 ounces	72	13
Fish, cod, Atlantic, cooked, dry heat, 3 ounces	71	13
Potatoes, red, baked, flesh and skin, 1 large potato	57	10
Wheat germ, toasted, 1 ounce	51	9
Beans, kidney, canned, ½ cup	45	8
Quinoa, cooked, 1 cup	43	8
Milk, 1% fat, 1 cup	43	8
Yogurt, vanilla, nonfat, 1 cup	38	7
Brussels sprouts, boiled, ½ cup	32	6
Broccoli, chopped, boiled, drained, ½ cup	31	6

DV, daily value.