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100.00   THEY WIII AISO HAVE WITHCUITY III TEATHING.	03:06	They will also have difficulty in learning.
03:10 In adults, <b>choline</b> deficiency can cause damage to the muscle and liver.		

03:17	Due to <b>choline</b> deficiency fat does not move out of the liver.
03:23	This leads to fat accumulation, causing <b>non alcoholic fatty liver disease</b> .
03:31	<b>Choline</b> deficiency can also lead to <b>Alzheimer's</b> disease.
03:36	In <b>Alzheimer's</b> disease memory and thinking skills are diminished.
03:42	Adequate intake of <b>choline</b> varies for different age groups.
03:48	For 0 to 13 month old infants it is 125 to 150 milligrams per day.
03:57	For 1 to 8 years old children it is 200 to 250 milligrams per day.
04:06	9 to 13 years old require 375 milligrams per day.
04:13	14 to 18 years old need 400 to 550 milligrams per day.
04:22	Adult men require 550 milligrams per day.
04:28	Adult women and pregnant women require 450 milligrams per day.
04:36	Lactating women require 550 milligrams per day.
04:42	Our body does not produce sufficient amounts of <b>choline</b> .
04:47	Hence it has to be taken through food.
04:51	Let us look at the food sources of <b>choline</b> .
	Eggs,
04:55	chicken liver,
04:58	fish,
05:00	wheat germ,
05:02	nuts,
05:04	seeds
05:06	and legumes are good sources.
05:09	Let's look at the amount of <b>choline</b> present in a few food items.
05:16	1 egg has around 147 milligrams.
05:21	100 grams of chicken liver has approximately 190 milligrams.
05:27	100 grams of salmon has nearly 79 milligrams.
05:34	30 grams of raw split black gram has around 62 milligrams.
05:42	100 grams of cauliflower has 127 milligrams.
05:48	30 grams of soybean has 36 milligrams.
05:54	Include these <b>choline</b> rich food in your daily diet for good health.
	This brings us to the end of this tutorial.
06:00	Thank you for joining.