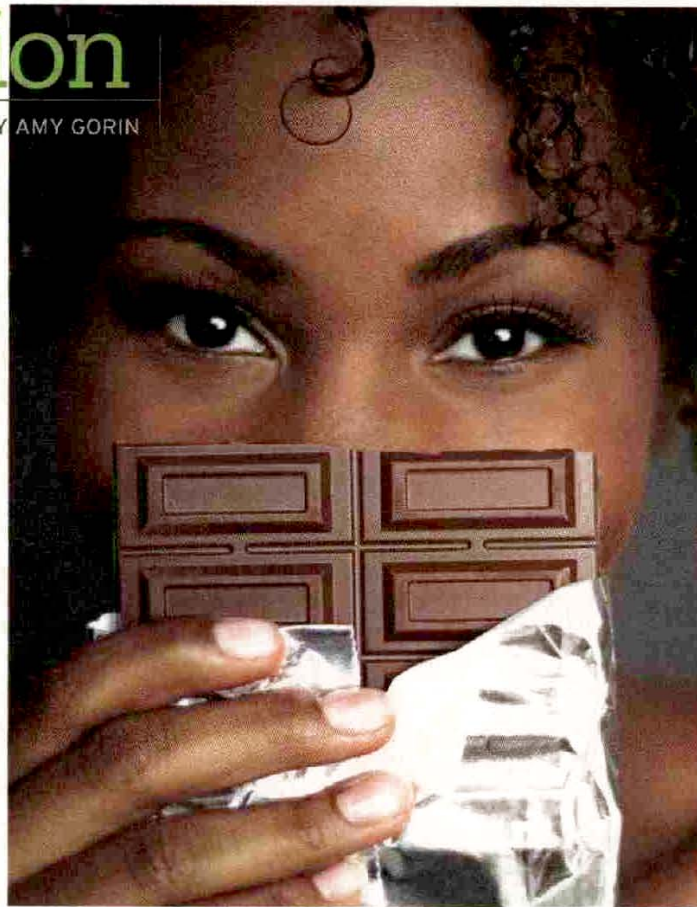


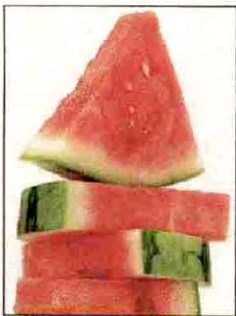
BY AMY GORIN



## A CHOCO-DELICIOUS PREGNANCY

Chocolate ice cream? Check. Dark chocolate bar? Check. Chocolate chips? Check. New research shows that these treats should be a regular part of your diet. Yum! Yale University scientists studied 2,291 pregnant women. Their findings: those who ate at least five weekly chocolate

servings were 40 percent less likely to develop preeclampsia, a condition that's life threatening to mom and baby, than those who had it once a week. So eat up! And go for dark chocolate when you can—it has many more disease-fighting flavonols than the milk variety.



Store watermelon on the countertop. It will retain up to

139 percent more beta-carotene there than in the fridge. This vitamin may boost immunity and eye health.

Source: *ChefMD's Big Book of Culinary Medicine*

## My prenatal vitamins are making me constipated. What should I do?

It depends. Excess iron is likely causing the discomfort—a prenatal vitamin has almost twice the amount of iron as a regular multi, and this mineral isn't easily absorbed by your body. Because your baby needs the iron for proper development, first try taking in extra fiber to ease the constipation. Slowly increase your intake to 25 to 35 grams per day, and drink plenty of water. If that doesn't help, speak with your doctor about switching to a regular multi along with a folic acid supplement, or to a prescription prenatal vitamin with a gentle stool softener (such as CitraNatal).

## Sodium Overload

It's easy to go way over the daily sodium quota (1,500 mg for kids ages 1 to 3 and 2,300 mg for adults), and in fact, the average American takes in 50 percent more than the recommended maximum. A little salt keeps your body working, but too much heightens your risk of heart disease and stroke. Try these low-sodium versions of favorite foods.

CHOOSE	INSTEAD OF	SAVE
Uncle Ben's Ready Rice Whole Grain Brown, \$1.70, grocery stores nationwide (15 mg sodium)	Uncle Ben's Ready Rice Cajun Style (980 mg)	965 mg
Whole Foods All Natural Whole Wheat Pita, \$1.70, Whole Foods stores nationwide (25 mg sodium)	Thomas' Sahara Multi-Grain Pita Pockets (320 mg)	295 mg
Drew's All Natural Garlic Italian dressing, \$3.30, grocery stores nationwide (216 mg sodium)	Seven Seas Creamy Italian Dressing (510 mg)	294 mg
Walnut Acres Organic Tomato & Basil Pasta Sauce, \$4, grocery stores nationwide (20 mg sodium)	Prego Traditional Italian Sauce (580 mg)	560 mg
Applegate Farms Uncured Natural Turkey Hot Dogs, \$5, grocery stores nationwide (260 mg sodium)	Oscar Meyer Turkey Franks (510 mg)	250 mg

