

Pointers **For Parents-To-Be** **Healthy Eating Tips**

(NAPSA)—Here are healthful eating tips for when you're starting a family:

- **Count Your Calories:** Despite the adage of “eating for two,” a pregnant woman actually only needs to increase her daily calories by 10 to 15 percent, or 200-300 calories—equal to one small energy bar and an apple.



The essential building blocks for a healthy baby start before conception and continue throughout pregnancy and nursing.

- **Prenatal Vitamins:** Pregnant women need increased levels of certain vitamins and minerals. For example, folic acid reduces the risk of neural tube defects, and iron prevents anemia. Take prenatal vitamins or enjoy fortified snacks.

- **Omega-3 DHA:** This fatty acid is important for the baby's brain, nerves and eye tissue.

An easy and morning sickness-friendly way to get prenatal vitamins and omega-3 DHA, as well as necessary protein, is with Bellybars, a line of all-natural snack bars designed for women's pre- and postnatal nutritional needs.

Consult your doctor about your and your baby's nutrition and learn more at www.nutrabella.com.