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PREGNANCY TREAT

Raising the Belly Bar

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Belly Bar wrappers littering my desk betray how irresistible this pregnancy treat is. (Not even one survived to see the light of our photo studio. We had to restock. And restock again. Then we just used a photo provided by the maker.)

Packing protein, iron, folic acid, calcium and vitamins such as B6 and E, each bar also satisfies cravings that kick in faster than a pregnant lady can say "Baby Needs Chocolate"--one of the three flavors (though not this tester's favorite, which was Berry Nutty Cravings).

The bars also are fortified with brain-building omega-3s and omega-6s, a nice helper for pregos who opt to abstain from fish because of mercury concerns. They're peanut-free and vegetarian too.

Even if you're also popping prenatal vitamins, Dr. Gregory Chen, a board-certified obstetrician on staff at Northwestern's Prentice Women's Hospital, says you needn't worry about over-dosing if you eat a bar a day.

"You don't want too much vitamin A and D," he said, skimming the Belly Bar label, "but these don't have too much of that so it shouldn't be a big deal."

Bonus: They're marketed for "before, during and after pregnancy nutrition." It doesn't say whose pregnancy, men can eat them too.

*These are excerpts from the full review. To read the entire review, please visit:
<http://www.chicagotribune.com/features/health/chi-0603250242mar26,1,5540769,print.story>*

