

SPECIAL REPORT THE BEST & WORST CITIES FOR HAVING A BABY



HEALTHY MOM, HEALTHY BABY

FitPregnancy

ARE YOU GAINING TOO MUCH?

Size Matters

What you should know about your weight

BABY'S FIRST-YEAR FEEDING GUIDE

Too early to test?

9 clues you might be

pregnancy power bars

These convenient snacks are full of important prenatal nutrients, but you do need to be careful. Here's what we found. > BY AMY PATUREL, M.S., M.P.H.

PREGNANCY NUTRITION BARS can satisfy your craving for something sweet and crunchy and your need for nutrients despite a manic schedule. Be aware that these bars often contain 100 percent (or more) of the Daily Value for certain vitamins and minerals, so you might get too much by eating them. "There are concerns about toxicity with some nutrients," says Roberta Anding, M.S., R.D., an American Dietetic Association spokeswoman. The main ones to watch out for are vitamins A and D, fluoride and selenium, which, in excess, can cause problems varying in severity from mottled teeth to birth defects. You may consider substituting one of these bars for your daily prenatal vitamin, particularly if you have trouble stomaching large amounts of nutrients such as iron and magnesium. Before you make this substitute, show your doctor the label to make sure you're not overdoing it.



Find it on the web

Test your prenatal nutrition IQ at www.fitpregnancy.com/yourpregnancy/foodsmart. For more information on the products shown here, check out: www.nutrabella.com, www.brightbeginnings.com, www.ensurehealthymom.com, www.mommymunchies.com, www.ohmamabar.com



Belly Bar Baby Needs Chocolate

VITAL STATS	NOTABLE NUTRIENTS	TASTE
Calories = 170 Fat = 6 g Carbohydrate = 22 g Protein = 8 g Fiber = 2 g	All-natural ingredients; contains 100% of the Daily Value (DV) for iron and 200% of the DV for folate; also contains 60 mg of omega-3s	Crunchy texture with a subtle chocolate flavor