

fitness

mind, body & spirit

Faster Fat Loss

Double your
results in half
the time

MAKE OVER YOUR
ABS
THIGHS
BUTT
IN 10 MIN.

10 sinful foods it's
actually okay to eat

DECEMBER 2005
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WEIGH LESS
NEXT MONTH
PASTA-LOVERS'
DIET, P. 84

HEALTHY PREGNANCY

“Mommy” nutrition bars

Created for pregnant women and nursing mothers on the go, Oh Mama! bars, Mommy Munchies and the Bellybar claim to provide many of the same vitamins and minerals as prenatal multis. “Some contain omega-3 fatty acids—essential for the baby’s developing brain—which many pregnant women don’t get enough of,” says Melinda Johnson, R.D., a spokesperson for the American Dietetic Association. But be careful: “If you’re also taking prescription prenatal vitamins, you could get too much of certain nutrients,” warns Johnson. More than 1,500 milligrams of vitamin A, for example, may cause birth defects or miscarriage. Bottom line: Consult your doctor first.