

EYE SHADOWS • NEWBORN CARE • BUDGET NURSERY

# Pregnancy

FOR THE WELL-ROUNDED WOMAN

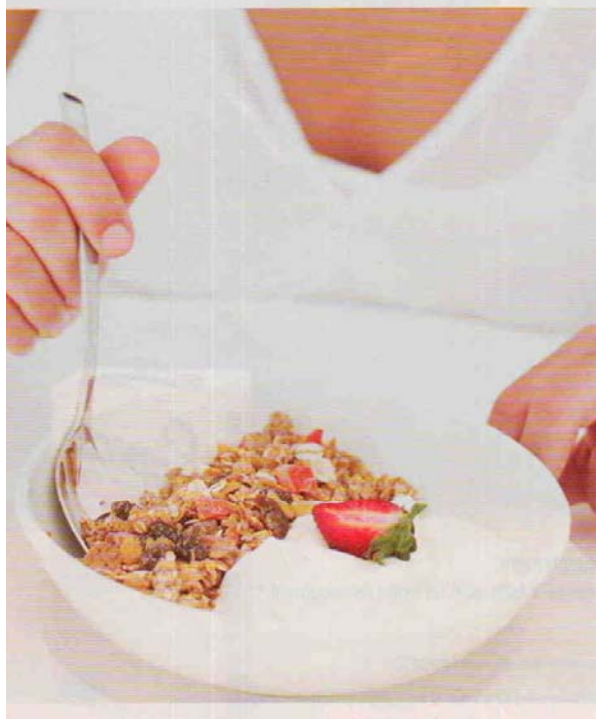
## SMART MOM'S HANDBOOK

What's Kickin' News You Can Use

### Get Your **DAILY DHA**

You probably already know the benefits of the omega-3 fatty acid, DHA, for baby's mental and visual development. But research shows that consuming enough DHA can even influence length of your pregnancy, bringing it closer to term. "Omega-3s are more important than ever, and so many women are getting too little,"

says Elizabeth Somer, M.A., R.D., author of *Nutrition for a Healthy Pregnancy*. This building block for the brain isn't found naturally in vegetables or dairy, which is why there's been so much press about eating fish to get the daily minimum of 200 milligrams. But there are other ways to boost your levels.



### DRINK UP

Smoothies made with DHA-fortified juice, milk, or soy milk, such as Silk Plus Omega-3 DHA Soy Milk, can up your intake by as many as 50 milligrams—plus provide vitamins and antioxidants or count toward your daily calcium. If blending in the morning isn't your thing, try new Bellybar Shakes; the shelf-stable preblended drinks come in delicious vanilla and chocolate flavors and have 50 milligrams of DHA.