



## Nutrition For You and Baby

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How can something so scrumptious be so good for you and your unborn baby? I'm talking about NutraBella's famous and delicious **Belly Bars**. These little bars delivers critical nutrients you and your baby need before your conceive, during pregnancy, and while nursing, including folic acid, iron, calcium, protein and Omega-3 DHA.

I got an opportunity to try these goodies and I rate them 4 out of 5. Yes they are yummy to the taste buds, satisfies those pregnancy cravings, are great on the go and I feel great knowing that I giving my baby something beneficial as well. The only downfall I found was that the bars made me quite thirsty which can be a bad thing if you don't have something to quench your thirst nearby, but it's also a great way to get you to drink more fluids which is recommended during pregnancy to prevent pre-term contractions. I also didn't like the price of these bars at over \$1 per bar, but on the other hand many of the health bars (Luna Bars, Nugo Bars, etc.) cost just about the same so it's not so bad if you compare it that way.

NutraBella was founded by women for women to promote good nutrition - the foundation for a healthy and active lifestyle. NutraBella also partnered with Judith Brown, PhD, MPH, RD to develop the scientific rationale for **Belly Bars**. As a Professor Emerita of the Division of Epidemiology and the Department of Obstetrics and Gynecology at the University of Minnesota, Dr. Brown is a leader in the area of prenatal nutrition. Dr. Brown developed a position paper based on original scientific research, "Nutritional Specifications and Nutritional Considerations for Bellybar," to define the nutritional profile for Bellybar. Dr. Brown reviewed national data on current nutrient intakes by pregnant and nursing women to identify what vitamins and minerals women currently lack in their diets. She recommended the vitamin and mineral fortification levels for Bellybar that would enable over 90% of pregnant and nursing women to get the recommended levels of nutrients during these important times.

Get [NutraBella Belly Bars at Amazon](#)

