

### **Optimum Supplementation during Pregnancy**

For pregnant women, dried fruits are nutritious alternatives to sweets. Instead of reaching for cookies or baked goods, it's better advised to eat dried fruit as it's not only sweet but nutritious too. In addition, dried fruits have a higher fiber content than their natural counterparts, which helps in preventing the digestive disturbances that can occur during pregnancy. Dried fruits are good sources of vitamins A and C and antioxidants as well. Antioxidants are needed to keep the immune system functioning and healthy. Without sufficient antioxidation, a woman is much more susceptible to fatigue, illness and problems, such as water retention.

### **An Essential Food for Meeting a Pregnant Woman's Nutritional Needs**

Because they are dehydrated, dried fruits are more flavorful than fresh fruits. They also stay on the shelf for a substantially longer amount of time. Good for anyone who is on the go, they can be easily toted in a mother-to-be's bag or purse. For example, you might appreciate the fact that you have some dried fruit in your tote if you succumb to morning sickness at work. Dried fruit, then, is the perfect nutritional food and energy boost.

### **Satisfy Cravings with Natural Fruit Jams**

In addition, if you are expecting, you may want to satisfy any cravings by choosing natural fruit products that include jams, preserves, canned fruits and fruit leathers. For one of your servings of fruit, spread some natural strawberry jam on a whole wheat bagel. Or, you might want to choose another flavorful jam, such as *peach*, *apricot*, *plum*, *fig* or *apple*.

### **Keep on the Right Track: Learn to Eat Healthily**

Needless to say, nutrition is important for any expectant mother. To satisfy cravings and for quick boosts of energy, mothers-to-be should focus on staying away from all those taste-tempting yet unhealthy choices, such as bakery products, fudge, caramel, ice cream, chips and dips, cookies and white bread. Dried fruit and natural fruit products are good substitutes in addition to regular daily servings of fresh fruits and veggies.

### **Balanced Nutrition for Expectant Mothers**

Stay on track, diet-wise by eating dried orange fruits, such as apricots, peaches and nectarines, which are chock full of vitamins C and A as well as beta-carotene. Red dried fruits, such as sun-dried tomatoes, contain lycopene, an antioxidant that is helpful in reducing the risk of illness and increasing immune system functioning. All dried fruits, though, are essential in balancing out the nutritional requirements during pregnancy. If you are expecting then, make it a priority to consume pregnancy-friendly products, such as dried and fresh fruit, veggies, whole grains and low-fat dairy

*\*Fruitrade can supply your Recommended Daily Allowance of fruit with their dried fruits and natural jams, preserves canned fruits, fruit leathers or sauces.*