

Forget the Pickles

There's a longstanding gag about dads-to-be running out for the strangely comforting combo of pickles and ice cream. As it turns out, the joke is half true. A number of informal surveys report that ice cream is the food item most often craved by pregnant moms.

Now you can plan ahead for those cravings and have your favorite flavor delivered right to your door. Graeter's Ice Cream has the scoop on convenience, shipping its premium product by next day air throughout the contiguous United States.

But this is not just any frozen dessert. Proclaimed by Oprah to be the best she's ever tasted, Graeter's ice cream is still made in very small batches by the French Pot process that was invented in the 1800s. The dessert is made by swirling the ice cream mix along the sides of a pot as it spins slowly in a refrigerator. As it chills and thickens, a pot operator scrapes the cream off the sides and into the middle with a special paddle. For 133 years, the Graeter family has resisted cutting corners

to boost profits, shifting the emphasis instead to quality. The result? A dense, highly flavored ice cream unlike anything you'll find at the grocery store (and guaranteed to satisfy even the most intense cravings, no pickles needed!).

Graeter's ice cream comes in ten regular flavors, seven "chip" flavors and five fruit sorbets. There's also a flavor of the month that's often based on the fresh fruit in season at the time. To order, call (800) 721-3323 or use Go Code 8204. — HJB



Putting Out the Fire

Annoying (and predictable) as The Three Stooges, heartburn and indigestion go hand in hand with pregnancy. Hormone fluctuations mean stomach acids get pushed back into the esophagus, irritating the lining with a burning sensation. As pregnancy progresses, the problem worsens because your expanding uterus is pushing against the stomach. March of Dimes medical director Dr. Nancy Green suggests taking an antacid made from calcium carbonate. In fact, she says the antacid "not only relieves heartburn but can serve a dual purpose as a calcium supplement and supply much-needed calcium," Green says. "Calcium carbonate is the same form of the mineral found in many calcium supplements."

For heartburn relief during pregnancy:

- Don't eat spicy, rich, fatty or fried foods.
- Don't eat foods (like chocolate) known to cause acid reflux.
- Chew slowly and eat smaller meals more often.
- Wait 2-3 hours after a meal before lying down or going to bed.
- Sleep with your head slightly elevated. — HC



Water – Our Essential Nutrient

We've all heard the mantra "drink more water," but did you know that by the time your baby is born your blood supply will have increased more than 50%? Water reduces constipation, swelling, your chance of urinary tract infection and dehydration that could lead to pre-term labor. However, mild dehydration has already begun by the time you actually feel thirsty. The solution? Carry a water bottle and drink, drink, drink, even if you don't feel thirsty. Here are some more tips for staying hydrated:

- Begin every meal with a glass of water, then enjoy your fruit juice or milk.
- Drink a beverage between every meal.
- Be prepared. Always carry a water bottle, especially outdoors.
- Keep water bottles frozen and lids handy so you'll be ready when it's time to go somewhere.
- For variety, drink flavored water, sparkling water and juices.
- Use a juicer to get your vitamins along with your water. — JR