

pregnancy

Best nursing advice ever!

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45 ways to end your nipple confusion

FACEBOOK YOUR BIRTH?

What to consider before clicking "share"

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plus 

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ARMY WIVES' Catherine Bell Making it look easy!

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WHAT TO DO WHEN BABY PLAYS

Must-Haves Let's eat

Gotta have these

Eating well and taking a standard multivitamin help produce rich and healthy milk when you're nursing, but pay special attention to these nutrients

CHOLINE

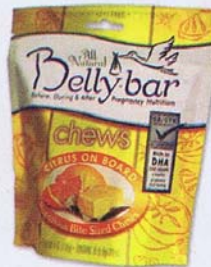
"Only 1 in 10 American women get the Dietary Reference Intake for choline," Ward says. You need 550 milligrams daily when you're nursing for baby's healthy brain development, especially when it comes to the hippocampus, the brain's memory center.



Foods rich in choline include beef, eggs, and salmon.

DOCOSAHEXAENOIC ACID (DHA)

Nursing women need at least 300 milligrams a day of this primary fat, which builds brain cells and the retina. Fish is the best source, but Life's DHA makes a vegetarian form from algae. If you're going to supplement baby's diet with formula, look for a brand that contains DHA.



The bite-size way to get DHA: Bellybar Chews (nutrabella.com)