

Ignore old wives tales

The pregnant woman is truly eating for two, but she need not double her normal food intake. This is a myth, says Sarah Hinton, extension nutrition specialist, North Carolina State University.

"You will need some extra foods for your growing baby. It is just as important to feed a baby before birth as it is after it is born," Mrs. Hinton says.

Another old saying, "you are what you eat," does hold true. The nutrients from foods eaten are used to build the baby's skeleton, skin and body organs, including the brain. "Since no one food contains all needed nutrients, variety is the key."

"A baby is growing each day as new cells are being made and others are increasing in size. You need to supply the nutrients for this growth process, so think of each day's food as vital to you and your baby," she advises pregnant women.

Poor nutrition during pregnancy is a cause of physical and mental problems in children, some of which may not show up until early childhood.

Old wives tales about eating and pregnancy abound. "You may have heard that babies are parasites, drawing from the other whatever is needed to grow, so they thrive no matter how poor the mother's diet. There is no evidence to support this. We know that babies are indeed affected by the quality of the mother's diet," Mrs. Hinton says.

Another saying is that the mother will instinctively crave the foods her baby needs. "Although food cravings are common during pregnancy, there is no evidence to support this belief either. You are better off following the daily food guide than relying on instincts to meet nutritional needs," the extension specialist says.

Freshly-grated orange peel can be stored in small plastic bags and frozen until needed.

About 341,000 children under 18 years of age live in a single-parent household in North Carolina.

Seasonings appropriate for people on a low-salt diet include chives, curry, garlic, fresh parsley, mace, paprika, vanilla extract, vinegar, lemon juice, pepper and poultry seasoning.

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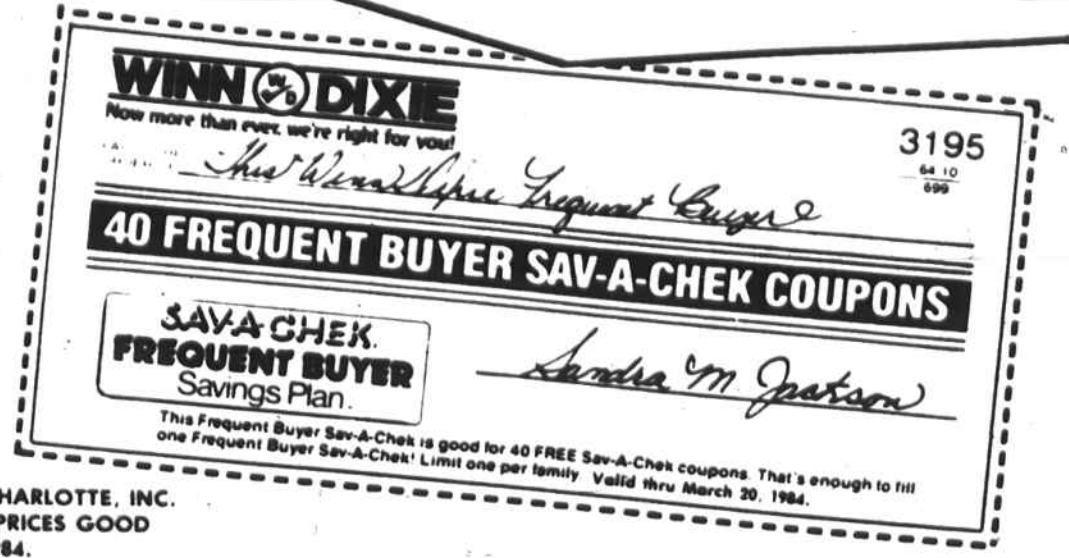
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<p>Astor 13 OZ. BAG ASTOR ALL GRINDS SUPERBLEND COFFEE \$1.49</p> <p>LIMIT 1 OF CUSTOMERS CHOICE WITH \$10.00 OR MORE FOOD ORDER</p>	<p>Thrifty Maid 16 OZ. CANS THRIFTY MAID CREAM STYLE OR WHOLE KERNAL CORN 3 \$1</p> <p>LIMIT 3 WITH \$10.00 FOOD ORDER</p>	<p>Thrifty Maid 16 OZ. CANS THRIFTY MAID CUT GREEN BEANS 3 \$1</p> <p>LIMIT 3 WITH \$10.00 FOOD ORDER</p>	<p>Thrifty Maid 32 OZ. BTL. THRIFTY MAID CATSUP 59¢</p> <p>LIMIT 1 OF CUSTOMERS CHOICE WITH \$10 OR MORE FOOD ORDER</p>

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