



TASTE THE QUALITY  
OF CALIFORNIA

## CALIFORNIA PRUNES - A TASTY WAY TO STAY HEALTHY DURING AND AFTER YOUR PREGNANCY

Eating healthily and safely is important, no matter which stage of pregnancy you're at. During pregnancy your baby takes nutrients directly from your body so that it can grow and develop properly, which is why you need to boost your nutrient intake to help keep both you and your baby healthy. California Prunes are a great place to start because they're packed with 18 vital nutrients, such as: Vitamins A, C and E, for great skin and eyesight, and Calcium, Iron and Copper, for healthy bones and blood. They are also jam-packed with Fibre to keep your digestive system healthy and break down cholesterol, as well as providing a source of vital Folic acid to help develop your baby's brain and nervous system.

California Prunes have long been a Hollywood secret of the rich and famous, with stars such as Demi Moore and Sharon Stone proclaiming their love for them. With celebrity pregnancy rife at the moment, stars such as Nicole Richie are certain to be relying on low fat foods to help them to maintain their shape. Prunes are a great substitute for calorific treats, as they are low in fat and naturally sweet. Their high satiety levels means that they keep you fuller for longer, allowing you to keep snack attacks at bay – really useful once the baby arrives!

By adding California Prunes to your diet, you can benefit from their natural, nutritional goodness at any time of day. There are many foods that claim to be the new "superfood", but the Prune has been aiding our health for years and has tremendous dietary benefits for any mother and child. Prunes are excellent for encouraging good digestive health due to their High Fibre content and this can help ease any nuisance constipation that can occur during pregnancy.

Prunes can also be a good natural food source for both you and your baby. Try adding them pureed or mashed to porridge, yoghurt or other fruits for a tasty way to wean your little ones.

California Prunes consistently produce the highest quality prunes in the world; this means that as a mother you can rest assured that only the best plums make their way from the orchard to your kitchen cupboard.

Look out for California Prunes samples at NCT events nationwide.

Visit [www.californiaprunes.co.uk](http://www.californiaprunes.co.uk)

Ends

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