

## Boosting Baby's Immunity

(NAPSA)—Pregnancy is when you have permission to take care of yourself first. The quickest way to do that is by making simple changes to your diet, such as increasing your intake of water, fruits and vegetables and adding organic foods to your diet, such as low-fat yogurt.

A great choice for organic foods is YoMommy, from Stonyfield Farm, the world's leading organic yogurt maker. It includes a special blend of six live probiotic cultures to enhance digestion and strengthen immunity.



**The simplest way to nourish yourself and your baby is to add organic foods to your diet.**

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According to Vicki Koenig, MS, RD, CDN nutritionist, "Two servings of YoMommy provide all the extra calories you need when pregnant, with significant amounts of vitamin D, folic acid and calcium, plus DHA and natural probiotic cultures to enhance digestion and boost the immune system. It's a wise choice."

A recent University of Pittsburgh study suggests that vitamin D can prevent pre-eclampsia, a life-threatening pregnancy condition, and promote neonatal well-being.

To learn more, visit [www.stonyfield.com](http://www.stonyfield.com).