

# Food NEWS

WE BRING TO THE TABLE THE LATEST AND GREATEST FOOD FOR THE SMALLEST OF DINERS

## MELLO MAMAS

Set to be the must-have drink of the summer, top up with a shot of this super chilled juice and enjoy the numerous health, fitness and beauty benefits of raw, melony goodness in a bottle. Too refreshing!

[mellodrinks.co.uk](http://mellodrinks.co.uk)



## LACTATION COOKIES



### MOTHERS LOVE COOKIES

Not just any old American export, these chocolatey treats are designed specifically to help nursing mamas. Oats, brewer's yeast and flaxseed combine to create a super tasty powerhouse of lactation-boosting goodness. Turn to p.152 for a discount. [etsy.com](http://etsy.com)

## FREIDA'S PANTRY

Not dissimilar to a health-food bar, these nutritious snacks are rich in Omega 3 and 6 and packed with magnesium and B vitamins, which are key for balancing low energy levels and maintaining milk supply. [freidapantry.com](http://freidapantry.com)



## BOOSTER

Meet Wafer Wisps, the new range of positively moreish little snacks that wee ones will love when out and about and in need of a boost! Combining a unique mix of fruit and vegetables with wholesome grains and tones of pure organic goodness, these crispy numbers are guilt-free snacking at its best. [heavenlytasty.com](http://heavenlytasty.com)



## DODGE THOSE MORNING MUNCHIES...

You can pick up and tuck into Cuckoo's little Bircher Muesli pots when on the go. And, just like the wholesome Alpine lifestyle that inspired their creation, every spoonful is packed full of filling, nutrient-rich goodness. We have our spoons at the ready! [cuckoofoods.co.uk](http://cuckoofoods.co.uk)



## NICEY ICEY

These delicious frozen lollies made from Greek-style yoghurt, real fruit and vitamin D, are worth knowing about. With two totally dreamy strawberry and mango flavours on offer, they're a great source of calcium, full of natural ingredients and are the perfect summer treat.

[claudiandfin.co.uk](http://claudiandfin.co.uk)



RESEARCHERS FROM GLASGOW UNIVERSITY HAVE FOUND THAT **THREE QUARTERS OF PREGNANT WOMEN** DO NOT GET ENOUGH **IODINE IN THEIR DIET**, WHILE **84%** ARE UNAWARE THAT IT IS VITAL FOR THE **HEALTHY DEVELOPMENT** OF THEIR UNBORN BABY. A DIET RICH IN **SEA FISH, DAIRY FOODS AND SEAWEED** CAN HELP TACKLE IODINE DEFICIENCIES.