

Expecting A New Baby?

Eat This

By Kate Jackson

The saying 'never go to the grocery store hungry' can never truly apply during pregnancy because, well, you're pretty much starving all the time.

But the science behind this bit of advice is real: going shopping on an empty stomach is a surefire way to end up with a whole bunch of junk food in your cart. And even though every food you eat during pregnancy is not going to be super healthy (let's face it - no one's perfect), we all know it's important to make sure that most food choices are smart ones.

While there are a ton of choices when it comes to eating healthy - and tasty - fare during pregnancy, there are a few foods that seemed to be tailored just for hungry moms and growing babies. So, if you've got a baby on the way and you're headed out the door to stock up, have a snack (or two) first and remember these three awesome foods for pregnancy:

Avocados. A brand new study has found that these giant berries may be one of the best foods you can eat while pregnant. Why? For starters, they are high in antioxidants and contain a hearty dose of good fats. They also fit nicely into the guidelines for a low-glycemic or mediterranean style diet, which has been shown to be very beneficial for expectant moms.

According to California Avocados, these special fruits really pack a punch into that little green package.

"Avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins, and folic acid. They also act as a 'nutrient booster' by enabling the body to absorb more fat-soluble nutrients, such as alpha and beta-carotene and lutein, in foods that are eaten with the fruit."

Try them on top of a salad, on a sandwich or burger - even in a smoothie, they are good with almost anything.

Wild Salmon. There's a lot of mixed information out there about the safety of consuming fish during

pregnancy, due to environmental contaminants. However, when it comes to wild salmon, it's pretty clear that the health benefits outweigh the risks.

Choose varieties that are labeled "wild caught" alaskan and sockeye salmon, as these are less likely to contain high levels of heavy metals and other toxins. The reason for this is twofold: first, because of their short life-cycle, salmon have a less time to accumulate toxins in their bodies and second, because they are wild, they are less likely to be consuming other, contaminated fish.

Salmon is a great pregnancy food because it's high in the Omega-3 fatty acids DHA and EPA, which are important for visual and cognitive development in unborn babies. Research has also shown Omega-3s to be great for moms too, with one study finding that consumption of these essential fats during pregnancy may lead to a lowered risk of postpartum depression later on.

Fresh, frozen or even canned (as an alternative to tuna), there are a variety of ways to work salmon into your diet.

Sweet Potatoes. These are the perfect pregnancy food for one reason: fiber. Indigestion and constipation can be a real hassle when you're growing a new baby but fiber is the key to keeping these issues to a minimum.

Fiber comes in both soluble and insoluble forms, and sweet potatoes have both. Consuming the right amount of fiber will not only regulate your digestion but will also help keep blood sugar levels even, preventing (some of) those low-blood sugar meltdowns.

Sweet potatoes also contain the antioxidant beta-carotene, which the body converts into vitamin A, an essential nutrient for fetal development and an immune booster.

Try them with slathered with some grass-fed butter and drizzled with real maple syrup for a delicious and sustaining snack.

Native Plant Gardening Event

How to plan and maintain a native plant / pollinator garden in clay soil

A free event at the Silver Bay Library on Thursday, March 1, 6:30 p.m. will help gardeners plan for spring gardens. Speakers explain how to design a garden for minimal work and maximum beauty; how to order low-cost bare root trees, and cost sharing for rain gardens.

"Pollinator gardens provide needed habitat for birds, bees, and butterflies. They are beautiful, and they reduce the hours we have to spend mowing our lawns," says Alice Tibbetts, founder of Vibrant Silver Bay, an ad hoc community group creating more options for attractive outdoor gathering spaces in Silver Bay. "Gardens also build community," states Tibbetts. "We

meet our neighbors working on or own front yard and other public gardens and we create community chatting in public spaces, when they are attractive. Most of us won't stand around a parking lot, but we do want to linger in a nice green space."

Topics and speakers: Benefits of native plant gardens Dan Shutte, Shoreview Natives, Two Harbors <http://www.shoreviewnatives.com/> Cost-sharing for rain gardens. Lake County Soil and Water Conservation District, Lake County Master Gardeners Building community through gardening, Alice Tibbetts, Vibrant Silver Bay (Find them on Facebook).

Century 21 Gilderman



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FEATURE PROPERTIES



•**14 Lee Cir., SB:** Enjoy the features of this 4+ BR, 2.25 BA home w/full basement, patio & detached 2 car Gar. on level site. Improvements incl: newer shingles, new water heater, hwd flooring, updated BA, updated Kit., good storage incl. add'l shed. **REDUCED \$129,500**



•**25 Aiken Circle, SB MLS 6033096:** Enjoy a glimpse of Lk. Superior from this updated 3BR, 1 BA house w/front deck, shed & detached 2 car garage on a level site. Many updates including custom cabinetry, remodeled BA, siding, windows, doors, some landscaping & 2 car garage. **\$79,600**

Silver Bay & Surrounding Area

HOMES IN TOWN

•**57 Nelson Dr, SB MLS6030470:** Looking for a back to the woods location on Lg site in City of Silver Bay. Check out this 3BR, 3BA house w/det'd 2 car Gar., Lg. deck & recent updates incl: windows, siding, deck, doors, some lighting, BA's, paint, & 6 panel maple interior doors w/matching trim. **REDUCED \$179,500**

•**5881 Hwy 1, SB MLS6031441:** Lg completely remodeled custom Kit. & many other updates throughout. 3+ BR, 2 BA, full walkout basement, w/det'd 3 car Gar, 30x50' quonset w/storage for equipment, tools & space to work on projects, New propane hot water furnace, good landscaping, convenient location, just an 8 min. walk to Baptism High Falls. It's the perfect place for you! **REDUCED \$215,000**

•**5940 Old Hwy 61, SB ML6028125:** Rare opportunity to own 200 ft of Lk Sup. lakefront w/ accessible beach. Let your vision create the color palette & update modifications you prefer. New roof in 2014. New septic system will be installed. Spring fed water supply. Tranquil, private setting, yet only six miles to Silver Bay, 1 hour to Duluth, & 3 1/2 hours to Twin Cities. Walking distance to Tettagouche, hiking trails & Baptism River. **REDUCED \$349,900**

•**61 Adams Blvd, SB MLS 6026996 :** 1.7 story, 4 BR, 2 BA house back to the woods w/ updates incl: siding, windows, shingles, 2nd floor add'n, new garage roof, no maint. decks, hardwood floors, new Kit. countertops & backsplash, oak cabinetry, hearth stove, new carpet, & good landscaping. Other feat's incl: full basement, att'd 2 car garage, shed & large side yard. **\$218,900**

•**XX Burk Dr., SB MLS6031120:** Wooded vacant lot w/view of Lk Sup., city water/sewer nearby. **\$18,500**

•**82 Burk Dr., SB:** Back to the woods, w/views of LK Sup., 3BR, 1BA move in cond. Updates incl: 1/2 log siding outside & inside, newer shingles, windows, storm door, updated BA, remod. Kit., newer appliances, flooring, some wiring & window treatments. Private back yard w/views of Lk Superior from the hillside & a fire pit for your enjoyment. **REDUCED \$99,500**

•**58 Horn Blvd, SB MLS6029726:** 3 BR, 1 BA home, detached 2 car garage w/many updates in a convenient location on corner lot. Updates incl: vinyl windows, siding, overhead water lines, new plumbing in slab, new shingles, remodeled kitchen, paint, insulated garage, gardens and a large storage shed. **REDUCED \$74,900**

RURAL HOMES

•**6990 Air Base Rd, Finland ML6030813:** Listen to Tower Creek from the quiet setting of this 3 finished BR, plus a potential master BR suite, house w/ull walkout basement, deck, det'd 2 car garage & many updates including several windows, patio door, shingles, furnace, stainless appliances, remod. BA, hardwood floors & paint. **\$154,900**

• **6088 Hwy 1:** Private country home with lots of mature pines, split entry home with a 2 stall garage, large asphalt driveway. **\$129,900**

•**6771 Riverside Dr.:** Nice lots on Baptism River with 300' of River Frontage. Structures need some TLC, but great opportunity to own property in the country. **\$89,900**

LAND & BUILDING SITES

•**6826 Breezy Lane, Finland, MN ML6017955:** Wooded 115.94 acres w/frontage on the Baptism River, access from Breezy Lane & power available nearby. **\$165,000**

•**4751 Correll Rd, Finland ML6029567:** 7.5 wooded acres with approximately 328' of frontage on the Baptism River. Electricity is available nearby! Good location with recreation trails nearby and access to Highway 1 close. **\$65,900**

•**XXX Sannes Rd., TH:** 5.26 acres, very convenient road access, nice building sites, mature Norway Pines & Poplar trees, a creek bordering the property & electrical & high speed internet hook ups close by. Take a look today & don't miss this opportunity. **\$42,500**

•**XXX Kane Lk Rd.** 40 Acr. of remote hunting land w/road acc. & public land surrounding **\$34,500**

•**XXX London Crossing & JC Campbell Rd.** 242 Acres with a 20'x20' hunting shack, ATV trail access, public land surrounding, mix of high and low ground and a trout stream running through the property **\$205,700**

•**61XX Little Marais Road** Lot A, Lot B and Lot C, Silver Bay, MN. Three 10 acre lots with views of Lake Superior near Little Marais. Lot A is reduced to \$69,900, Lot B reduced to \$59,900 and Lot C reduced to \$69,900. MLS 6027797, 6027795 and 6027794

•**XXX Hwy 61 & Onion River Rd.** MLS6005052: 18 Acres commercial resort bldg site between Tofte & Lutsen on Onion River Rd. Great views of Lk Sup. High ground w/pwr at rd. Close to Sup. Hiking trl & rec. activities. **\$173,500**

XX Reed Dr., SB, ML6017982: 3.2 ac. bldg. site w/rd to property & cleared bldg site. Great location in the city w/views of Lk Superior, access to Rec. Trails close by. **\$57,900**

•**5-Newly Developed Building Sites** MLS24229: Marks Dr. Larger lots w/curb, city water & sewer, back to woods. **\$45,000 to \$60,000** plus special assessment which has decreased.

•**XXX Hwy 1 Finland:** Large piece of property w/a network of Roads in place, trout streams, Lake frontage, big mature Norway Pine trees. Close to ATV & Snowmobile trails. An Investor or hunting party's chance to own 846 acres. **\$889,000**