**Top 10 Reasons why a Pregnant Woman *NEEDS* a Banana Split**

1. **Calcium**
   1. Found in the **ice cream**, **strawberrie**s and **peanuts**
   2. Needed for bone development
2. **Protein**
   1. Found in the **ice cream** and **peanuts**
   2. Needed for healthy muscles, tissue, skin and hair
3. **Vitamin D**
   1. Found in the **ice cream** made with fortified milk
   2. Needed for bone development
4. **Vitamin A**
   1. Found in **ice cream** and **bananas**
   2. Needed for healthy eyes
5. **Vitamin C**
   1. Found in **strawberries** and **pineapple**
   2. Needed for the immune system
6. **Potassium**
   1. Found in **bananas**
   2. May help prevent painful leg cramps
   3. Regulates your heartbeat
7. **Iron**
   1. Found in the **peanuts** and **strawberries**
   2. Needed for your blood
8. **Fiber**
   1. Found in **pineapples, strawberries, bananas** and **peanuts**
   2. Needed for digestion
9. **Fat**
   1. Found in **ice cream, cool whip** and **peanuts**
   2. Necessary for proper brain development and for absorption of Vitamin A, D, E, and K
10. **Flavor**
    1. **Chocolate** is a mood enhancer. It triggers the release of the “feeling good” brain chemical called serotonin.
    2. Everybody needs a little self-indulgence occasionally!!