

HEALTHY LIVING

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Chocolate company starts line for pregnancy cravings

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In a matter of days, Kerry Johnson Anthony will deliver her third child and begin shipping deliveries of a new specially fortified chocolate for pregnant women.

Coco Pegggers, [a creation of Irvine-based Xan Confections](#), contains folic acid, which prevents birth defects, and DHA, an omega-3 fatty acid important for brain development. Each dark chocolate contains 51 calories and costs about \$1.50.

Company president Anthony, 38, pictured at right, said the candy isn't a replacement for a healthy diet or prenatal vitamins, but can help eliminate the guilt over a chocolate craving.

"If I'm having two pieces of chocolate a day that has 100 calories with folic acid and DHA, what is there to feel guilty about?," she asked. "There's already so much, being pregnant, that you're going without. You can't have your sushi, your caffeine."

Along with Coco Pegggers, Xan is shipping a line of chocolates marketed as having heart, immunity and brain boosting properties. There's even a variety called Coco PMS.

Locally, Xan chocolates are sold at Whole Foods and Bristol Farms. You also don't have to be pregnant to enjoy them. Anthony shared some samples with her ob/gyn and he loved them.

Corinne Kantor, a Rancho Santa Margarita registered dietetic technician who writes [The Food Cop blog](#), said chocolate really can't be labeled a "healthy" food because it's normally high in calories, saturated fat and sugar, although dark chocolate contains more antioxidants.

Kantor said she recommends women obtain folic acid through foods such as asparagus, spinach, lentils, avocados, baked beans and beef liver. If a supplement is needed, she said to ask your doctor for a recommendation.

Anthony, who is scheduled to deliver a girl on Friday, said the idea really is to make moms-to-be happy.

"The tagline is a happy mom equals a healthy baby," Anthony said. "I think it's more of a mental, emotional health. If I can have a little of something that I enjoy, I'm going to be a happier person."

