

Mila Kunis Enjoys Her Sweet Pregnancy Cravings



By Laura Seaman

Ashton Kutcher and his pregnant fiancé Mila Kunis were seen sharing a kiss during a fro-yo date. This new craving is much sweeter pregnancy symptom than Kunis' other cravings according to UsMagazine.com, as she shared with Ellen DeGeneres that last month she had been craving sour pickles and sauerkraut. Her fiancé has been very supportive of her strange pregnancy cravings, as Kunis says, "He assumed that I was gonna have goofy cravings, so he stocked our secondary fridge with weird food. Just, like, pickles and sauerkraut, or, like, anchovies and ice creams, just in case at one point during this pregnancy I'd be like, 'I really want something.'"

What are some ways to indulge in your partner's pregnancy cravings?

Cupid's Advice:

Sometimes a pregnant woman can crave some really weird foods at the most random of times. Nobody knows for sure why these cravings happen, or what certain cravings mean (though many studies are trying), but they're a natural part of the pregnancy symptom process. Some women have more cravings than others, but here is Cupid's advice for supporting your pregnant partner whatever their cravings may be:

1. Learn some new recipes. A pregnant woman might have a craving for a food she's never even had before, but just suddenly sounds good. If this happens, it would be extremely helpful and supportive to learn how to cook these new dishes and know what goes into them.

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2. Don't doubt her cravings. Sometimes cravings are strong enough to make vegetarians crave meat, or lead a health-nut to buy chicken nuggets. These cravings might seem odd to you, but don't discourage these changes unless they're unhealthy for the baby. She knows what she wants, and second guessing her won't help.

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3. Try a bite! Her choice of food might seem very, very strange, but you don't know unless you try it. A great way to show your support is by trying some of the food their craving. Who knows, you might discover a new favorite meal that you never would have thought to try before.

How do you support your partner's cravings? Let us know in the comments!