

# Coffee, chocolate for your portfolio

Gold isn't the only commodity taking a beating this year and poised for a turn. So if sky-high stocks are making you nervous, take a stake in something like . . . steak.

Michael Brush, MSN Money

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## Gold

Gold bugs like to look at the yellow metal as a "safe haven," but lately gold has been anything but safe. It's tanked 18% since last fall, trading recently at about \$1,460.

What's going on? Investors who bought gold for safety have been switching into stocks, on the theory that risks of major disasters like Europe blowing up or the U.S. slipping into prolonged recession are receding.

But gold looks like a buy in the pullback, believes Thomas Winmill of the **Midas Fund (MIDSX)**, since all of the same potential problems lurk around the globe. Besides Europe, a big issue that could have people driving up gold again is the huge monetary easing by central banks and the deficit spending by governments around the world. These moves can easily rekindle worries about inflation -- and investors often buy gold to hedge against inflation.

Many gold bugs think the metal is always a buy, but it does make sense to hold some gold in your portfolio as insurance against investor panics caused by fears of war, a meltdown in Europe or a bad turn in the U.S. economy. In these scenarios, gold would rise, offsetting declines in your stocks. To invest in gold, consider the Midas fund, **iShares Gold Trust (IAU)** or **SPDR Gold Shares (GLD)**.

- **Bing:** [How gold beats inflation](#)