



End the bored-belly blues

Eight food fixes to rev up your pregnancy diet—in the home stretch or any time

BY KATE GEAGAN, M.S., R.D.

The third trimester can be a struggle for many a mom-to-be—the novelty of being pregnant has worn off; the baby’s size and position make it hard to get physically comfortable; and you’re tired of the heartburn, constipation, and constant need to pee. Way past feeling sexy or cute, you just feel, well, “large and in charge,” as a girlfriend of mine puts it.

On top of that, when you consider the things

you’ve had to banish from your diet, you really start to miss simpler times when you could just have a snack without agonizing over the label or country of origin.

To freshen up your last pregnant weeks (or spice up your pregnancy diet any time), here are some ways to cure your food fatigue—in perfect portions for the belly, of course. We guarantee they’ll keep your eating routine healthy and maybe even offer baby a bit of extra loving!

WHAT TO TRY

WHAT'S TO LOVE

PRO-BABY BONUS



3 cups air-popped popcorn
93 calories

Popcorn is a whole-grain snack that fights the constipation and belly bloat that often plagues the last months of pregnancy. It’s a great pick if you crave volume, because it’s so low-calorie when popped without oil.

A recent study found that popcorn boasts a much higher antioxidant content than any snack food, including crackers, chips, and whole-grain snack foods!



1 cup organic strawberries with a splash of high-quality balsamic vinegar
50 calories

Strawberries are at their peak now and pack more vitamin C than an orange, helping keep your skin healthy and glowing. Be sure to choose organic, as conventional strawberries have a lot of pesticide residue.

A daily dose of berries helps boost immunity. You’re five times more likely to develop bronchitis or pneumonia from a cold or flu when pregnant, says Cynthia Sass, R.D.



WHAT TO TRY	WHAT'S TO LOVE	PRO-BABY BONUS
 <p>1 Doctor Kracker Pumpkin Seed Cheddar Flatbread available at Whole Foods Market 100 calories</p>	<p>This snack is crunchy, high in fiber, and each serving gives you 25% of your daily recommended whole grains. And with pumpkin, sunflower, and flax seeds, it's also nutrient-rich.</p>	<p>The Doctor Kracker brand is certified USDA Organic, which means reduced exposure to pesticides and toxins for you both.</p>
 <p>6 thin slices avocado topped with fresh lime juice and chopped fresh cilantro 100 calories</p>	<p>Creamy and delicious avocado, high in healthy monounsaturated fats, keeps your skin looking good in the home stretch. It's also rich in beta-sitosterol, a phytonutrient that helps lower LDL cholesterol.</p>	<p>One serving packs your diet—and baby's—with more than 20 vitamins and minerals.</p> 
 <p>One 5.3 oz. container nonfat Greek yogurt drizzled with 1 teaspoon local raw honey 126 calories</p>	<p>It's got twice the protein of regular yogurt, and nonfat Greek yogurt also loads your diet with good-for-the-gut probiotics.</p>	<p>Calcium in dairy helps build strong bones for baby. And local honey might build up baby's immune system against allergens.</p>
 <p>2 cups watermelon balls topped with freshly chopped mint 96 calories</p>	<p>Full of potassium to help keep your blood pressure healthy, refreshing watermelon delivers almost 40% of your day's vitamin A and has greater concentrations of the antioxidant lycopene than any other fresh produce.</p>	<p>Watermelon is rich in vitamin C, which helps the body utilize iron. And iron's critical during pregnancy, when your blood volume increases to provide nutrition to the placenta.</p>
 <p>7 walnut halves drizzled with dark chocolate and dusted with cinnamon Around 220 calories</p>	<p>Walnuts are anti-inflammatory superstars, high in omega-3 fats, protein, and magnesium. Cinnamon contains antioxidants shown to help lower LDL cholesterol and regulate blood sugar. Plus, there's chocolate. Need we say more?</p>	<p>"A 2008 study found that moms who followed a Mediterranean diet during pregnancy, including nuts, staved off the risks of asthma and allergies in their children later in life," Sass says.</p> 
 <p>5 oz. grilled barramundi topped with tomato sauce or pesto 137 calories</p>	<p>Barra-what? This fish from Down Under is the ticket if you're tired of wild salmon. U.S. farm-raised barramundi is a "Best Choice" on sustainable seafood lists. Recently dubbed "a superfood to eat now" by Dr. Oz, it's rich and buttery.</p>	<p>Rich in omega-3 fats, a critical building block for baby's brain, this fish enjoys a diet mostly from plants, so there's no worry about mercury or PCB contamination. 🐟</p>

FYI Here's what this Australian super fish actually looks like.

