

wfl (what's for lunch?)

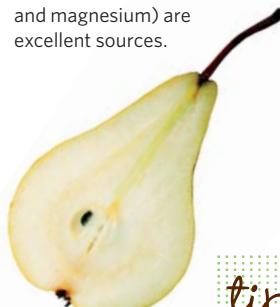
Sorry, but you won't be picking up a tuna roll or packing a pastrami sandwich right now. So what should you eat? Here, some ideas.

BY ELENA DONOVAN MAUER

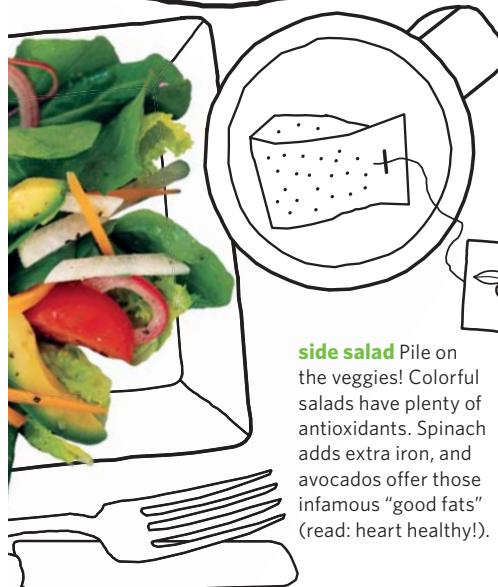
ILLUSTRATION BY STEPHEN CAMPBELL



turkey chili You need more protein than you did in your pre-prego life. Lean turkey and beans (which are also packed with fiber and magnesium) are excellent sources.



pear Stock up on your favorite fruit—oranges and apples are great choices too—and pack a piece every day. You'll probably need a little help, um, digesting and that's where the fiber (about 4 grams in a pear) comes in.



side salad Pile on the veggies! Colorful salads have plenty of antioxidants. Spinach adds extra iron, and avocados offer those infamous "good fats" (read: heart healthy!).

lemon zinger tea Skip the coffee machine and sip some decaf herbal tea. Hit the water cooler too—you need to stay hydrated.

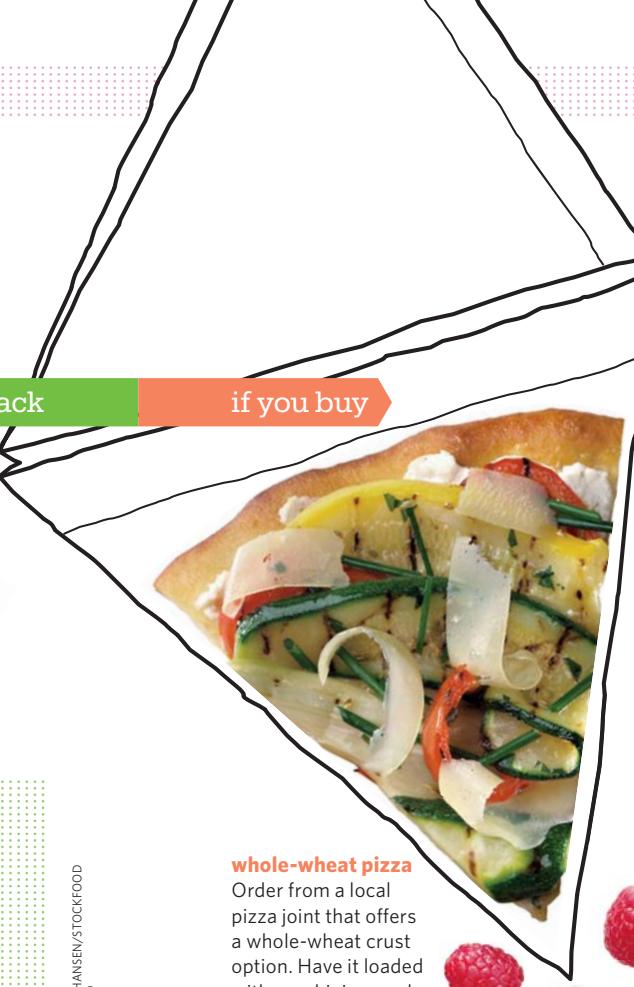
tips for packing

- Make soups and chili over the weekend for the week (the Crock-Pot is your friend!).
- Whole-grain crackers and bread are fiber rich.
- Cook some extra dinner—roast chicken, sweet potatoes, sautéed greens—and pack it the next day.
- If you're a PB&J girl, choose natural peanut butter and 100% fruit jam.

THIS PAGE CLOCKWISE FROM TOP LEFT: GETTY IMAGES/SHUTTERSTOCK/LAURA JOHANSEN/STOCKFOOD
OPPOSITE FROM TOP: LISAKOENIG/STOCKFOOD; ANTONIS ACHILLOOS/STOCKFOOD

if you pack

if you buy



whole-wheat pizza

Order from a local pizza joint that offers a whole-wheat crust option. Have it loaded with zucchini, squash and peppers, which have vitamin C. Enjoy the calcium (and flavor) benefits of the cheese.



yogurt You guessed it: calcium! The corner grocery or drugstore should carry some yummy options. Top it with granola for crunch.



fruit cup

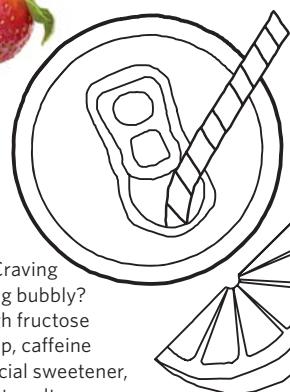
Hit a local fruit stand for a no-guilt side dish full of vitamins and fiber.



tips

for buying

- Restaurants overdo the salt and oils. Try to limit eating out to once a week.
- Stuck with fast food? Order grilled chicken and get a baked potato or a yogurt parfait instead of fries.
- Go Mexican: get chicken (protein), veggies (fiber and vitamins) and beans, but skip the tortilla (too many refined carbs!).



seltzer Craving something bubbly? Avoid high fructose corn syrup, caffeine and artificial sweetener, and stick to seltzer.

The Bump expert: MARIA PARI-KEENER, dietitian and founder of Maternal Health Matters, a NYC nutrition practice offering prenatal and postpartum counseling.

More tasty meal ideas at TheBump.com/recipe