

{ Feed the Belly Shopping List }

From *Feed the Belly: The Pregnant Mom's Healthy Eating Guide*
by Frances Largeman-Roth (Sourcebooks, Inc., 2009).

Produce:

- Bagged, ready-to-eat spinach
- Broccoli (winter), asparagus (spring), snap peas (summer), and Brussels sprouts (fall)
- Organic cherry tomatoes
- Oranges, grapefruit, and tangerines (winter); peaches, plums, and nectarines (spring), berries and melon (summer); and apples, pears, and grapes (fall)
- Carrots (baby or regular)

Refrigerated Section:

- Orange or grapefruit juice
- Pomegranate juice
- Hummus or baba ghanoush

Dairy:

- Organic cottage cheese (Nancy's is a good brand).
- Organic 1% or soy milk.
- Organic string cheese and shredded cheese.
- Low-fat cups of organic yogurt (Wallaby and Stonyfield Farm are great brands).
- Organic kefir (a yogurty drink that's rich in probiotics).

Cereal and Bread:

- Enriched whole-grain cereal, like Total.
- Other whole-grain cereal with at least 4 g fiber per serving.
- Whole-grain tortillas or wraps.
- Whole-wheat English muffins.
- Rolled oats (the old-fashioned kind).

- ❑ Low-sugar instant fortified oatmeal (go for a plain variety or one with less than 20 g of sugar per serving; Nature's Path is a good one to try).
- ❑ Whole-grain, reduced-sodium crackers (Kashi is a good pick).
- ❑ Wheat germ

Pasta, Grains, and Nuts:

- ❑ Whole-wheat pasta. If you're not a big fan of the really grainy stuff, go for a multi-grain one, like Barilla Plus.
- ❑ Quinoa. This tough-to-pronounce (keen-wa) ancient grain is quick cooking and packed with calcium and protein, making it a must-have for vegetarian moms-to-be.
- ❑ Whole, unsalted almonds. Fiber- and calcium-rich and tasty to boot, these nuts are perfect for snacking or adding to cereal or salads. Package them in snack-size zip-lock bags and keep them in your purse, desk, glove compartment, or diaper bag.
- ❑ Whole walnuts. Super-rich tasting and a good source of vegetarian omega-3s, walnuts are a pantry star. Chop and add to oatmeal and spinach salads, or add to cookies, such as the Oh, Baby! Breakfast Cookies on page 183.
- ❑ Natural peanut butter and almond butter (with no hydrogenated oil or high-fructose corn syrup).^{*} This was probably relegated to post-workout snack food before you were pregnant. Now, with its substantial amounts of quick protein, it'll be your best friend. Use it to make PB&Js, of course, but also try PB&Bs (bananas) or PB&As (crunchy apple slices). Jars are great when you're at home, but for travel and office snacking, try Justin's Nut Butters (www.justinsnutbutter.com), which come in various fabulous flavors and are packaged in neat foil 200-calorie-or-less packs, which fit perfectly into your purse.

**A word about allergies. Researchers have not been able to conclusively link a mother's peanut-butter consumption to allergies in her child, but some studies suggest that pregnant women who consumed nut products daily increased their child's risk of asthma by 50 percent. Moderate amounts of peanuts and peanut butter haven't been found to produce the same effect. If peanut allergy runs in your family, talk to your doctor before making the nutty spread a regular snack.*

Meat/Poultry/Eggs/Soy Protein:

- ❑ Organic omega-3 DHA-enhanced eggs. These eggs are from chickens that have been fed a vegetarian diet rich in microalgae. Gold Circle is a good brand to try, with 150 mg of DHA per egg.
- ❑ Natural or organic boneless, skinless chicken breasts and/or cutlets.
- ❑ Salmon fillets (ask the fishmonger to remove the skin for you). Wild salmon is healthier, but there's been a global shortage of wild salmon for the past few years and if you can find it, it may cost up to \$20 a pound.
- ❑ Tofu. I like extra-firm tofu for stir-fries because it actually stays together when you cook it. For increasing the protein in smoothies, soups, or dips, try soft or silken tofu. Marinated ready-to-eat tofu steaks are a super invention, too: Just make sure to check the sodium and choose one with less than 500 mg per serving.

Frozen:

- ❑ Any type of berries. Packed with antioxidants and fiber, frozen berries are a must-have when fresh berries are out of season. Throw them into smoothies, muffins, and hot cereal.
- ❑ Edamame, whole or shelled.
- ❑ Mixed veggies. The more colors you can find, the better.
- ❑ Brown rice. This super timesaver is a godsend. Instead of spending forty-five minutes (or about fifteen for Minute Rice) making the whole-grain variety, just pop already-cooked frozen brown rice into the microwave for a few minutes and it's ready. Of course, if you prefer making it from scratch, that's great too.
- ❑ Ice cream. Go for regular if you're only indulging once in a while, but if this is your new vice, go for one of the good reduced-fat slow-churned brands like Edy's. Unfortunately, I haven't been able to find a really good light organic ice cream that's available nationwide.
- ❑ Shrimp. You can get these already peeled, deveined, and cooked, which means all you need to do is defrost and add them to pasta (see page 203) or rice or wrap them up in a tortilla with some salsa. You can also ask your fishmonger to steam fresh ones.

Staples:

- ❑ Extra-virgin olive oil. Olive oil is good, but virgin and extra-virgin olive oils are even better. Basically, extra virgin is the first press of the olive to extract the oil, which means that all the goodies from the olives, like phenols, are still intact. Regular olive oil is produced from several pressings of the olive, and it's lower in health-promoting properties. Store your olive oil away from light and heat, which is kind of tough in a kitchen, right? Keep it in either a tinted glass bottle or a metal container. If you buy oil in a super-large bottle, transfer it to a smaller bottle or can that you can use for everyday, and store the rest away in a cool place to keep it fresh. I primarily use olive oil in my recipes, not only because I love the flavor, but also because it's a healthy fat. Extra-virgin olive oil has also been shown to help reduce blood clotting factors, which is particularly important during and after pregnancy, when you're more susceptible to dangerous blood clots.
- ❑ Balsamic vinegar. This aged vinegar is great for whipping up homemade dressings, marinating meat and tofu, and even drizzling on strawberries. For many women, it's one of the few remedies that helps quell nausea.
- ❑ Pure cranberry juice. This is 100 percent cranberry juice, not to be confused with cranberry juice cocktail; it's so tart that it's barely drinkable on its own. But it's great for mixing with other juices or plain sparkling water. You'll find it in the non-refrigerated juice aisle.