

babytalk

STRAIGHT TALK FOR NEW MOMS

look who's walking

Our month-by-month milestone chart

Take the quiz
what's your mom style?

GRAB AND GO

There are lots of packaged snacks (candy bars, energy bars, chips, etc.) that you could toss into your diaper bag, but they're not all created equal. Here's the stuff that's actually good for you but still tastes great:

SNACK BARS

Bellybars by NutraBella High in folic acid for pregnant and nursing moms
Luna Bars by Clif Bar Designed just for women, so they're high in protein, calcium, fiber, and folic acid.
Pria Complete Nutrition Bars As much calcium as a glass of milk!
Nature Valley Crunchy Granola Bars These bars are high in fiber and

Horizon

FINGER

Hard-boiled your chocolate and Kraft Natural nutritionally wrapped standard Blue Dials Almonds. These half-cup of protein Sun-Maid quarter cup is a whole serving of fruit. ●

good gear

diva style Love don't cost a thing, but this ducky coat does. That didn't stop **Jennifer Lopez** from eyeing it at Petit Trésor in Los Angeles. (\$69; petittrésor.com) **flip out** Fellow shopper **Katie Holmes** got these über-cute slippers. (\$22; petittrésor.com)



bar none Brooke Shields swears by Bellybar pregnancy nutrition snacks—she bought them by the case! (\$30 for 12-pack, in oat, berry, and chocolate; drugstore.com)



tinsel-toes

Hollywood mom **Jennifer Garner** got these "Erin" booties for her baby, Violet. (\$40; uggaustralia.com)



new thinking on episiotomy