

# FitPregnancy

AVOID BREASTFEEDING BLUNDERS \* THE BUDGET NURSERY

15  
YEARS of  
WISDOM

HEALTHY MOM, HEALTHY BABY

BE PREPARED!

## Are you ready?

What no one tells you about birth & new motherhood

## BEST BABY WEIGHT BUSTERS

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## Pregnant 9 to 5

A guide for the working mom-to-be

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**Nutrition** ||| By Leigh Brown Perkins

## Desktop dining

If you can't make it out of the office, try our simple and delicious midday meals packed with key pregnancy nutrients. Dessert included!

Experts and real parents tell you how  
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## Should you bank your baby's cord blood?

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\$5.95 US/\$6.95 Can Feb/March 2009  
Display until March 23, 2009



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### Short-Cut Curried Chicken Salad

This salad combines sweet and spicy flavors with chewy and crisp textures. Recent studies suggest that pregnant women who eat colorful fruits and vegetables such as these may have a lower risk of giving birth to a child who develops leukemia.

Stir 2 teaspoons curry powder into  $\frac{1}{4}$  cup low-fat sour cream. Add 1 stalk chopped celery and 3 ounces chopped chicken (grilled, poached or roasted, skin removed). Stir well and serve over 1 cup washed bagged salad greens, such as a spring mix, sprinkled with 1 tablespoon poppy seed dressing. Garnish with  $\frac{1}{2}$  cup cubed watermelon and  $\frac{1}{4}$  cup blueberries.

**Dessert:** Baby Needs Chocolate or Berry Nutty Cravings Bellybar ([nutrabella.com](http://nutrabella.com)) and 2 tablespoons Blue Diamond Natural Oven Roasted Vanilla Bean Almonds. >>