

## 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

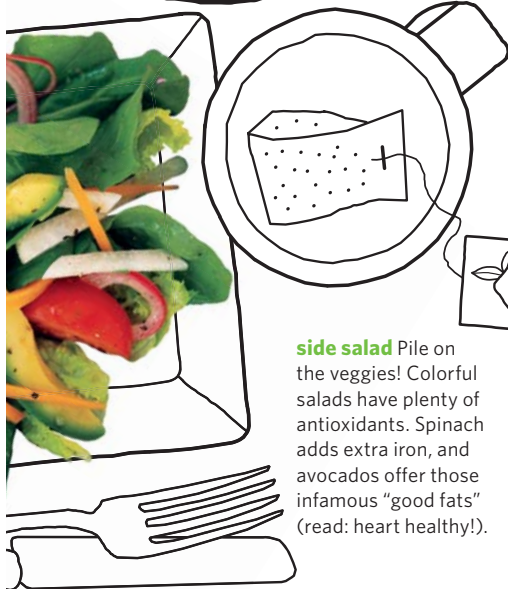
ILLUSTRATION BY STEPHEN CAMPBELL



**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.

if you pack

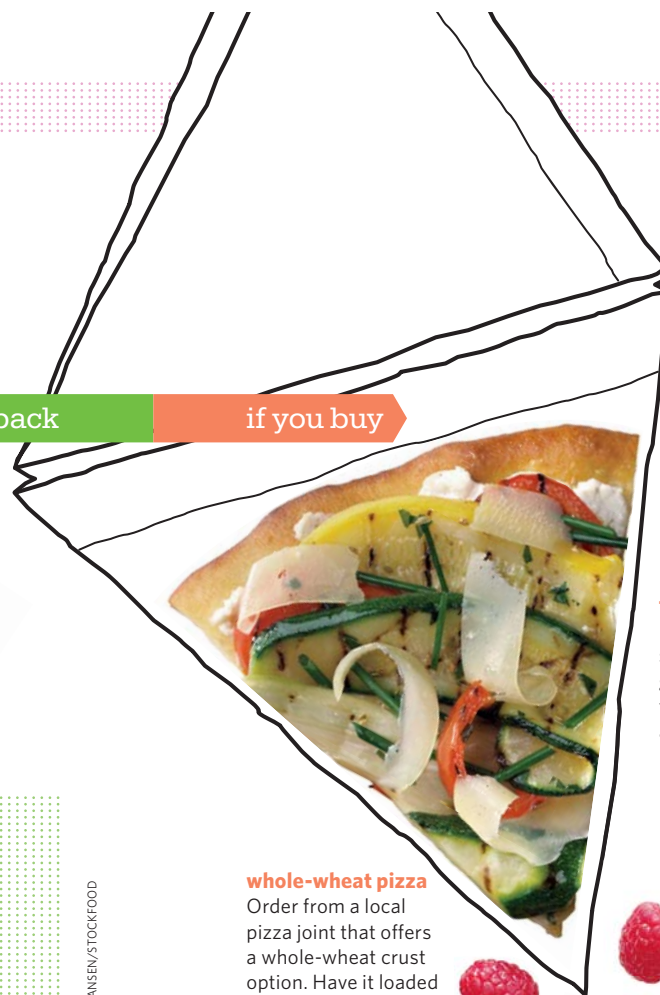
if you buy

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/STOCKFODD; OPPOSITE FROM TOP: LISA KOENIG'S STOCKFOOD; ANTONIS ACHILLEOS; STOCKFOOD



**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.

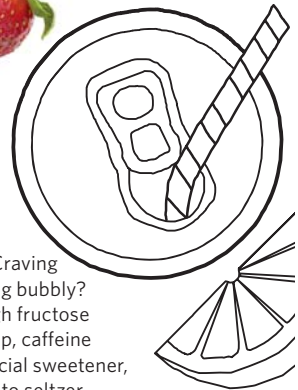
**seltzer** Craving something bubbly?

Avoid high fructose corn syrup, caffeine and artificial sweetener, and stick to seltzer.

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!).



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](https://www.thebump.com/recipe)