

OVER \$1,600 IN FREE STUFF UP FOR GRABS AT PNMAG.COM. SEE PAGE 17

PREGNANCY & newborn

the *ultimate*
**BABY
REGISTRY**

MEANT TO BE
Pregnancy and
your body

Date night
maternity
looks

**IN THE
WOMB**
Baby's
progress
month
by month

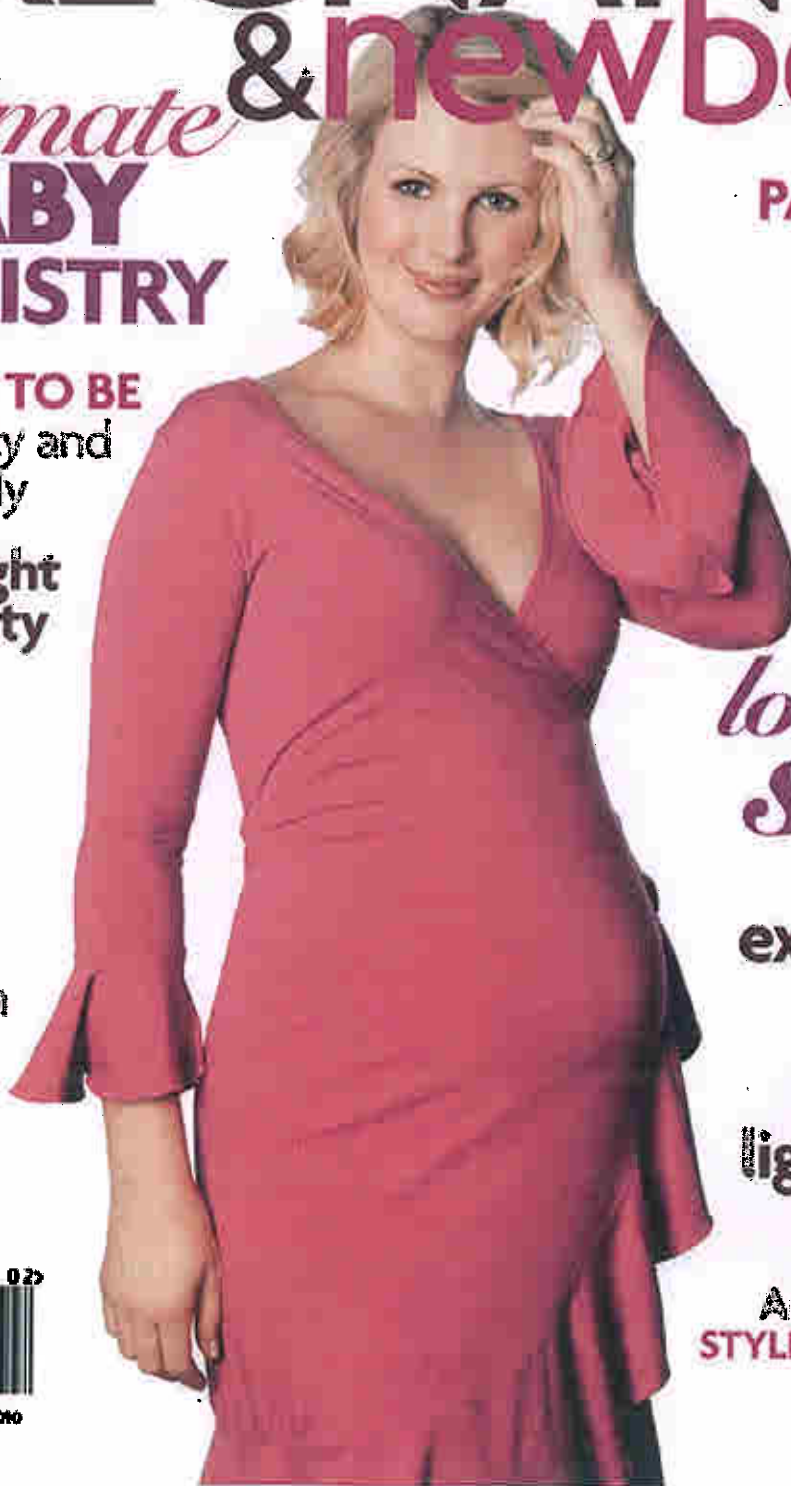
**PARENTING
STRESS**
How to deal

**BATH
TIME
101**

*love &
sex*
while
expecting

**Our
favorite
lightweight
strollers**

**AMANDA FEET
STYLE INSPIRATION**



February 2010

\$5.99US \$5.99CAN



Display until March 1, 2010

Liquid assets

During pregnancy, your body banks on fluid more than ever. Here's how to get the most bang for your cup. BY GINNY BUTLER

Invest in the best

We all know that drinking water is a good idea, but most of us don't follow the "8x8 rule" religiously. So when you find yourself expecting, it's time to start slurping—staying hydrated is now a matter of utmost importance.

While you're pregnant, the minimum water requirement is still 8 to 10 ounces eight times a day, but according to Jackie Keller, celebrity nutritionist and founder of L.A.'s NutriFit, 10 glasses is really the ideal amount to keep in mind. Says Keller, "Our hormones change when we're pregnant, and that change affects our water retention. Couple that with an increase in blood volume and the amniotic fluid the body is replacing constantly, and we just have the need for more water."

When you're getting your 8 to 10, you will enjoy moister skin, smoother lips, increased energy and better digestion. Drinking plenty of water can relieve constipation (a common complaint during pregnancy) and take some pressure off your hard-working kidneys. Water also helps to ward off toxemia and even prevent preterm labor.

Worried about water retention (and those frightful pregnancy cankles)? Never fear. The water you drink flushes through your system and actually causes you to retain less. In fact, there really isn't any downside to drinking water. Keller insists, "It's unlikely that a pregnant mom is going



to [drink] too much water. Unless you're drinking over 16 glasses a day, chances are you're not getting too much."

Because it's tough to go from 0 to 64 ounces in a day, don't feel bad if you need to work up to it. Good nutrition is all about forming habits, so commit yourself now to get up to 10 glasses (OK, at least eight) each day and keep it up through pregnancy and breastfeeding. With all those benefits inside and out, you're bound to be pleased with the results.

Diversify your portfolio

There's no replacement for good old H₂O, but some other beverages make excellent dietary additions. Keep your fridge stocked with milk, and consider adding fruit juices and green tea to the tally as well.

Two to four servings of dairy are requisite each day, and it's a good idea to stay on the high end of that range during pregnancy. If you're a milk drinker, choose the fat-free

Trickle-down distribution

With all the demands your body is heaving, it's no wonder you need to down water like it's going out of style! As it turns out ...

- Blood volume doubles by seven months of pregnancy.
- Amniotic fluid is constantly replenishing itself, generating about a cup of fluid every hour.
- Larger amounts of amino acids and water-soluble vitamins are passing through your urine.
- Pregnant women lose more liquid from the lungs, just through simple respiration.
- Water is needed to flush out toxins and relieve some of the stress on your kidneys, which are filtering more stringently than usual.
- Even in a non-pregnant person, water makes up about 60 percent of body weight and allows all systems to function successfully.

variety; while you do need some fat in your diet, it's better attained from unsaturated fat sources such as avocados, nuts and extra virgin olive oil. Nonfat milk is the dairy choice with the lowest calorie count (about 90 per cup) and the highest nutritive value, so feel free to drink it up. If you don't care for straight milk, cook your hot cereal in it or use it in healthy smoothies or milkshakes. Yogurt, Greek yogurt, cheese and cottage cheese are also good sources of dairy—they all contain the calcium that's so essential as baby's skeletal structure is forming.

Don't mortgage baby's well-being

According to the American College of Obstetrics and Gynecology, alcohol should be completely avoided during pregnancy. Drinking while pregnant can cause any of a range of birth defects and disabilities known as fetal alcohol spectrum disorders. These conditions are entirely preventable—mom just has to abstain!



pregnancy



eating for two

Fruit juice is another acceptable fluid for pregnant girls; however, if you can eat your fruit rather than drink it, do! As stated by Keller, fruit contains fiber, gum and pectin in greater quantities before it's juiced. If you decide to drink your fruit servings, look for 100 percent juice (no added sugars) and pick a dark purple option. Pomegranate, grape and blueberry juices contain antioxidant flavonoids which provide valuable phytochemical benefits, including reduced risk of heart disease and cancer.


Keller also recommends picking up a green tea habit during pregnancy. Drinking one to two cups of decaffeinated green tea each day supplies your body with wonderful antioxidants and nutritional perks. Find a flavor you love—it's OK to get hooked!

Lose liabilities

If water brings the greatest rewards during pregnancy, then alcohol wreaks the greatest havoc, so stay away from it. Besides this obvious no-no, artificially sweetened and highly caffeinated drinks populate the group often considered off-limits for pregnant women.

Since we don't have much information on their long-term effects, artificial sweeteners such as aspartame (NutraSweet), saccharin (Sweet'N Low) and sucralose (Splenda) are best avoided during pregnancy, just to be completely on the safe side. Instead, look for agave, a natural, unprocessed sugar substitute taken from plant nectar; it's a safe choice that won't raise your blood sugar. Pure sugar itself is not a dangerous substance, but too much can cause excessive weight gain that may lead to gestational diabetes. For this reason, it's a good idea to give up soda drinking while you're expecting (if not forever!). Your teeth will thank you for it, and it will be easier to get in nutritious beverages when you're not filling up on the sweet stuff.

While there is some debate over the safety of caffeine consumption during pregnancy, most experts agree that it should be limited. If cutting out coffee is shocking your system and causing headaches, Keller suggests switching to half-caf coffee, then painlessly weaning yourself to full decaf, which you can enjoy throughout the remainder of your pregnancy. Remember to discuss caffeine usage with your doctor before you proceed. **PHOTO**




Let AbdoMend™ Reduce Your CSection Pain and Stress

AbdoMend™
Support you can trust


Protect Your Incision

Minimize Pain & Scar



All Cotton binders available in 5 sizes from \$29.95 and include C Section Massage and Recovery guide.

CSectionRecoveryKit.com
Available only online
808.572.0440



stylish • sexy • pregnant

NINE
maternity

This Baby Never Sleeps
Shop with Us 24/7 at
ninematernity.com

THE PRICE RANGE
2518 Hwy 361
Houston, Texas 77055
713-628-0041

WOMAN'S HOSPITAL OF TEXAS
7000 Travis, Suite 1400
Houston, Texas 77054
713-683-7500