

By Amy Gorin

BOOST YOUR MOOD»

What you eat affects how you feel. Follow this guide to get over the humps.

• Stress strikes

Eating omega-3 fats could help lower anxiety over time. Dig into a sandwich made with light canned tuna twice a week. (Limit total seafood consumption to 12 ounces weekly.)

• Down in the dumps

There's a reason you crave

heaping bowls of pasta when you're blue. Carbs raise levels of serotonin, a feel-good brain chemical. Go for whole grains like popcorn or oatmeal—they'll stay with you longer than white carbs will.

• In need of energy

Eat a protein-rich snack to

ensure your energy lasts until dinner. Protein is the most filling nutrient, so it will help you power through that four o'clock slump. Get your fill from half a cup of lowfat cottage cheese.

—Jessica Wohlgermuth



Greek is the word

Pregnant women need lots of protein—71 grams daily. Greek yogurt offers a big chunk of that, up to 20 grams. Three faves:



Chobani Nonfat Pomegranate

This pick is perfect for days you don't feel like prepping a whole fruit. "I love the seeds!" said a tester. \$1.60

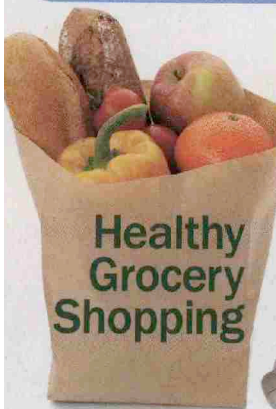
FAGE Total 2% Strawberry

Try this super creamy yogurt for dessert. "It's very rich," noted one tester. "I'm suspicious it's not lowfat!" \$1.50-\$2



Stonyfield Farm Oikos Organic Blueberry

This nonfat choice has a custardlike texture. "With just the right amount of sweetness," remarked a tester. \$2



Healthy
Grocery
Shopping

A woman spends about 45 minutes shopping for food per trip.

On a low-sodium diet? Looking for high-fiber foods?

The online grocery-delivery service at peapod.com lets you browse its goods using specific health criteria. You can even create a shopping list to take to your local grocer.

Q&A

I saw a DNA blood test advertised online that can tell me the gender of my unborn child. Will this really work?

No. "The technology simply isn't ready yet," says Siobhan Dolan, MD, MPH, an obstetrician at Albert Einstein College of Medicine, in Bronx, New York, and a March of Dimes consultant. Lots of other tests are available online as well, and these aren't a good idea either.

Some are legit, like those for cystic fibrosis, a genetic disease. But the results for that type of test can be complicated, and you may need a doctor or a genetic counselor to help you understand the results. Your best bet: go to your doctor's office to get those tests done.