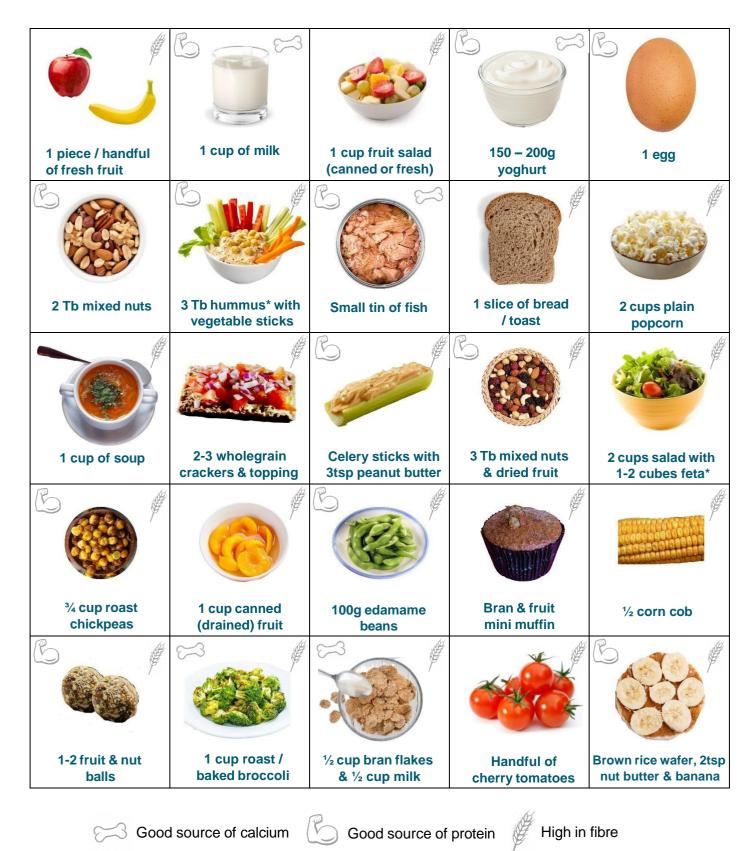


Nutritious snacks



* To be safe in pregnancy: use homemade hummus without tahini or a homemade white bean-based dip.