

OK! HEALTH

By OK! health editor Yasmine Griffiths

BABY LOVE

OUR ROYALLY GOOD GUIDE TO A SWELL PREGNANCY

You've got to hand it to the Duchess of Cambridge – for the most part she's made pregnancy look effortless. True, there was a serious blip in her first trimester when she suffered from hyperemesis gravidarum, a severe form of morning sickness, but since leaving hospital back in December, Kate's been looking better than ever.

Halle Berry, Penélope Cruz and the Black Eyed Peas' Fergie are other famous faces who appear to be sailing through their pregnancies. Even so, carrying a child can be exhausting work.

We can make it easier by looking after our bodies during all stages of pregnancy. Consultant dietician Sian Porter tells OK! that a well-balanced diet is key to a healthy pregnancy. She says: 'While you're not



'eating for two' and inappropriate weight gain should be avoided, dieting during pregnancy could potentially harm you and your baby. Cutting calories and food groups can also mean missing out on important nutrients you and your baby need for a healthy pregnancy, growth and development. You are pregnant so you are supposed to be slowly getting bigger – try and relax about it – a healthy baby is more important than anything.'

Gentle exercise like walking or swimming can be beneficial during pregnancy, but NHS experts recommend not taking up strenuous exercise if you weren't very active before. If you do decide to take an exercise class, tell the instructor that you're pregnant, don't push yourself too hard and don't lie flat on your back.



Above: The Duchess of Cambridge has been glowing while showing off her baby bump. Left: A well-balanced diet is essential



LOVELY LADY BUMPS



HALLE BERRY

Actress Halle shocked Hollywood when she announced she was pregnant for the second time at 46 last month. The *X-Men* star seemed a little taken aback herself, saying: 'I feel fantastic. This has been the biggest surprise of my life, to tell you the truth. I thought I was kind of past the point where this could be a reality for me.'

FERGIE

Singer Fergie, 38, who is expecting her first child with *Transformers* actor Josh Duhamel, has spent her pregnancy 'writing things down and getting inspired', saying: 'When it occurs to you there is a human being growing inside of you, it's amazing.'



KIM KARDASHIAN

Kim (left) prides herself on being a style icon but some of 32-year-old star's fashion choices while pregnant have been fairly controversial, to say the least! Still, she does have a supportive partner – Kanye West has reportedly spent over £60k travelling from Paris to LA for Kim's doctor's check-ups. And by private jet, of course!

5 OF THE BEST *Newborn essentials*



- 1 SUGARJACK LILY BAG, £249** As a new mother you'll have tons more stuff to lug around, but the secret detachable baby organiser in this baby bag will make life easier! Jodie Kidd, Sienna Miller and Joanna Page love Sugarjack bags too! Visit www.sugarjack.com.
- 2 EWAN THE DREAM SHEEP, £29.99** Switch this on at night and the soothing womb sounds will lull your baby to sleep. Lily Allen, Amanda Holden and Una Healy are fans. Visit www.sweetdreamers.co.uk.
- 3 THE COT WRAP, FROM £25.99** We're loving this safe alternative to bulky cot bumpers, and it's made from 100 per cent breathable cotton. See www.safedreams.co.uk.
- 4 BUBBAROO JOEY POUCH, £29.95** Swaddling can make all the difference to restless babies, which is why we love this comfy-cosy bag. See www.bubbaroo.co.uk.
- 5 LITTLE TIKES DISCOVER SOUNDS KEYCHAIN, £5.99** Babies are obsessed with keys, so keep them entertained with their own interactive musical pair. These can be attached to a pram or just kept in your baby bag. See www.littletikes.co.uk.