

SAFER BREAST MILK ARE YOU GETTING ENOUGH FOLATE? BEST PRENATAL RECIPES

HEALTHY MOM, HEALTHY BABY

FitPregnancy®

READY FOR LABOR?

What you need to know about

- Induction
- Home birth
- The secret to an easier delivery

Pregnant SEX

The answers you know you want

p. 116

HOW GOING GREEN CAN PROTECT YOUR BABY'S FUTURE

p. 78

Yummy mummy Jessica Alba

"I'm a young mom but old enough to be prepared"

p. 74

LOSE THE BABY WEIGHT

Our fast, fun 20-minute workout

p. 108

IS YOUR GUY AFRAID OF BEING A DAD?

p. 102



BEST STROLLERS FOR EVERY BUDGET

PLUS: Win an \$899 Bugaboo!

\$4.95 US/\$6.95 Can June/July 2008
Display until July 21, 2008



www.fitpregnancy.com

Yummy mummy!

Jessica Alba just might be the sexiest pregnant woman ever.

JESSICA ALBA WAS only 17 when *Titanic* director James Cameron handpicked her for his drama series *Dark Angel*. Since then, the 27-year-old actress has become a full-fledged movie star, thanks to films such as *Fantastic Four*, *Sin City*, *Good Luck Chuck* and the recent horror hit *The Eye*. But her upcoming Mike Myers comedy *The Love Guru*, due for release in June, isn't the only new production in her life. Here, the radiant star, sipping peppermint iced tea at a Beverly Hills hotel, talks about her first pregnancy (with fiancé Cash Warren, 29, whom she met on the set of *The Fantastic Four* in 2004); the baby is due this summer.



Alba in Gerard Darel. The mom-to-be owns this designer dress in three different versions, including a summery eyelet fabric.

Q Your life is so busy. How are you feeling now that you're pregnant?

A At the end of the day I am so tired I can't function or speak and my eyes glaze over; but this pregnancy has seriously mellowed me out, which is nice. I've been going, going, going for so long, it feels nice not to take things so seriously.

Q You must be in full-fledged nesting mode.

A Yes! We had to get a baby-friendly house because my home was four stories with a big spiral staircase—so *not* a baby house! It's a big project, with painting and decorating. The crib and other baby furniture I'll get through the charity Step Up Women's Network (suwn.org). They started a baby furniture line that helps serve underprivileged women. I think often the baby's room doesn't fit in with the rest of the house, but this line does. Plus, the crib is made of sustainable wood, and the other furniture has low-VOC paint.

Q Are you having any cravings or aversions?

A I suddenly love citrus stuff, oranges and lemonade; I can't get enough of it, and I didn't really care for any of that before. And I can't deal with things that are too pungent. I used to love truffles; now I can't. I also have a hard time eating a big steak.

Q What kind of mother do you think you'll be?

A I don't want to be my child's friend; I want to be a mom. But I do want my child to come to me when they have problems and need to talk, so it's going to be about treading that line.

Q There are so many child-raising "experts" out there. Who, if anyone, are you getting tips from?

A I watch the TV show *Supernanny* with Jo Frost, and it is so obvious, of course, when you are not in the situation yourself to go, "The kid is jacked on sugar all day long and you are arguing with them? Send them to a time-out chair or to their room!" But because the parents never established those rules, the kids are doing anything they want, and I look at that closely.

Q Your own heritage is very diverse; how are you going to introduce your baby to all his or her different cultures?

A Mostly it will be the Mexican traditions that will be important. At Christmas we sing *Las Posadas*, which is like a Christmas play, and we sing all of the Christmas carols in Spanish and English. My grandmother has traditions I will definitely be exposing my kid to.

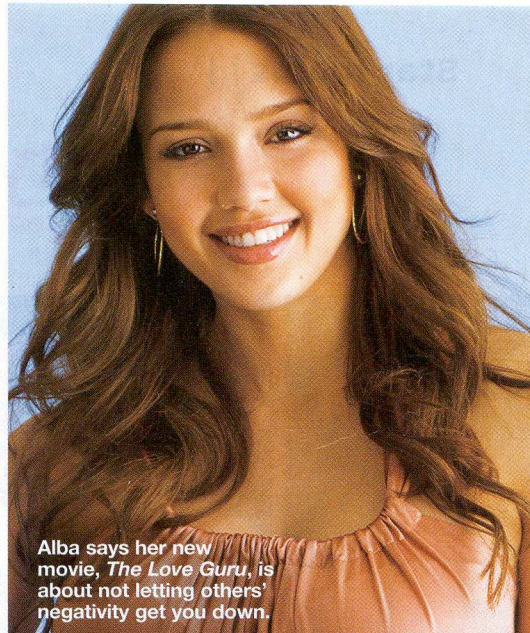
As far as food goes, we are pretty diverse. Cash grew up with soul food, I grew up with Mexican, but we both love sushi and lots of other kinds of food, so we will be able to expose our kid to so many different things.

Q How do you think Cash will be as a father?

A We are pretty similar in our views on parenting. But I really don't want my kids eating McDonald's, and Cash will probably be the kind of dad who'll sneak off and get McDonald's for them and tell them not to tell mom!

Q What can you tell us about your next film, *The Love Guru*, with Mike Myers?

A Mike is a fan of Deepak Chopra, so his script combines his two favorite things, Eastern philosophy and hockey—plus that crazy *Austin Powers* comedy! I play the owner of a cursed hockey team and I hire the love guru to help fix my star player's love life.



Alba says her new movie, *The Love Guru*, is about not letting others' negativity get you down.

Fit mama

Jessica is replacing her usual workout routine, which includes running and weights, with prenatal yoga. "I hear it helps make labor easier," she says. The health-conscious mom-to-be is also favoring fresh fruit, especially the citrus variety. "I was never on a strict diet before, so I just eat more fruit than I used to," she says.

Q What are your plans for the delivery?

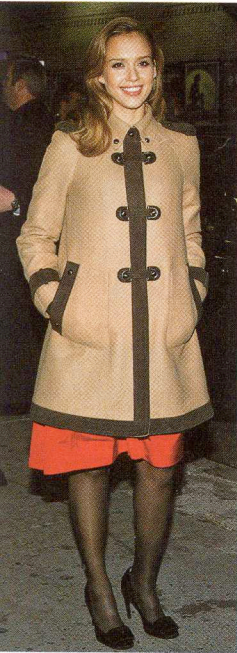
A I want to spend as much of my labor as possible at home, and I'm taking a HypnoBirthing class. It's a relaxation technique that allows you to avoid going into panic mode and tightening up. If you are calm and relaxed, your body will just do what it has to do.

Q Did you always want to be a young mother?

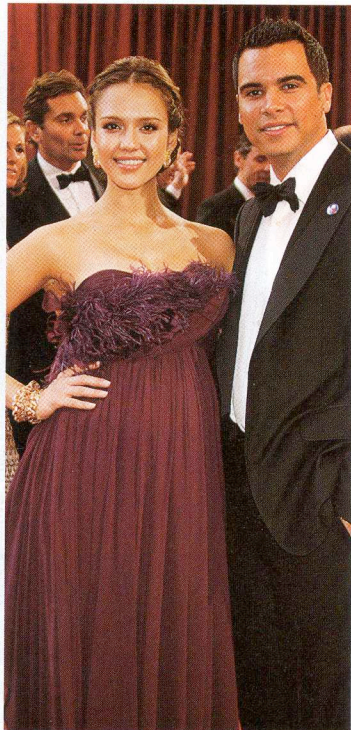
A I think I'm the perfect age— young enough to be a young mom but old enough to be prepared and totally ready for it. My parents were 19 when they had me, and that is different from being 27. And I've lived many different lives, so I'm excited and happy to be a mom right now. >>

Fantastic style

Jessica's bump takes center stage in these hip maternity looks.



A Juicy Couture Coat worn while visiting the *Late Show with David Letterman*



In a Marchesa burgundy gown with Cash Warren at the 80th Annual Academy Awards



A Corey Lynn Calter dress worn for the Nickelodeon Kids' Choice Awards



In a shimmering Marchesa gown as host of the 80th Annual Scientific and Technical Awards



This Isabella Oliver maternity dress was a hit at her baby shower at Ever After Tea House in Los Angeles.



In her favorite maternity brand, Vince for A Pea in the Pod sweater

A few of her favorite things



Crib Nursery Works

"I love its modern and simple lines. Plus, it goes with the rest of my house."

Baby items Petit Bateau

"I also love vintage clothes for the baby."



Fragrance Fresh

"I like a lot of fragrances by Fresh because they are so clean and simple. I really like citrus mixed with floral scents."



Stroller The Orbit

"This eco-friendly car-seat/stroller hybrid is my favorite. It looks like an egg."



Lipgloss Revlon lipgloss in Toast to Shine

"I wear it almost every day. It's a great color and it's not goeey."

click

Go to fitpregnancy.com for more of Jessica Alba's favorite things.

PHOTOGRAPHY: (clockwise from left) BRIAN ACH/WIREIMAGE; FRANK MICELOTTA/WIREIMAGE; KEVIN MAZUR/WIREIMAGE; ALEXANDRA WYMAN/WIREIMAGE; BAUERGRIFFINONLINE.COM; RAMEY PHOTO AGENCY.