



sticking with seafood

Pregnant and worried about mercury exposure? FDA warnings about the chemical have led many moms-to-be to skip seafood altogether, says Natalia Stasenko, R.D., a pediatric dietitian and owner of Tribeca Nutrition in New York City. And while being cautious is smart—you *do* want to avoid toxins—plenty of fish are major sources of omega-3, a vital nutrient that ensures babies have the proper neurodevelopment while in utero. Plus, there are lots of species that are safe to eat. Next time you're in the seafood aisle, follow these rules of thumb: Avoid predatory species like swordfish and shark because their diet could include mercury-exposed fish—and, since they live longer, they're likely to have accumulated more mercury in their bodies. Instead, stick with consistently safe options like shrimp, wild salmon, scallops, sardines, herring, and trout, which are also high in omega-3, says Stasenko. If you're still unsure, she recommends checking with your local fishery about the healthiest options, since additional safe choices may be available near you. For more, visit epa.gov/hg/advisories.htm.

—Samantha Mellone

NO-COOK, NO PROBLEM! Getting everyone out the door on busy mornings can be hard enough without having to worry about making a nutritious meal, too. Before you pour *another* bowl of cereal, try no-cook oats. This super-simple breakfast is prepared overnight and couldn't be more convenient: Just soak equal parts raw rolled oats, plain yogurt, and milk in the refrigerator overnight, add the toppings of your choice the next morning, and enjoy! One tasty variation: Stir in $\frac{1}{3}$ cup of canned pumpkin along with a few pinches of pumpkin pie spice to boost the nutrition, fiber, and flavor of regular overnight oats, says Kath Younger, R.D., author of katheats.com.

—Dana Wilkosz

ALLERGY-FRIENDLY SUBSCRIPTION BOXES

Scanning the snack aisle to figure out options that are completely nut-free, gluten-free, or vegan? Give one of these monthly subscription boxes a go instead:

MIX AND MATCH:

The Tasteful Pantry Nut and dairy allergies at your house? Choose a box specific to your family's needs: "People can be any combo of gluten-free, dairy-free, nut-free, soy-free, and vegan—and we'll put together a box for them every month that has snacks and sweets," says owner Jennifer Wang. Boxes feature anything from bean and rice chips to dairy-free caramels—and, you can buy your favorites on their website. (\$22 per month, tastefulpantry.com)

COVERS ALL BASES:

Tasterie When her young son developed allergies, pediatrician Lama Rimawi, M.D., discovered how tough it was to find safe food options—especially for busy parents. To help, she launched Tasterie, offering boxes that are either gluten-free, gluten- and dairy-free, nut-free, or Top 8—free of 8 common allergens, including wheat, fish, shellfish, dairy, egg, soy, peanut, and tree nuts. Inside? Baking mixes, pastas, granola bars, and more. (\$25 per month, tasterie.com)

—Marisa Iallorardo

450 That's the number of calories Americans are eating more per day than we did in 1970, according to The Changing American Diet Report Card released by the Center for Science in the Public Interest. Two of the biggest culprits? Flour and sugar. Here, two simple swaps:



INSTEAD OF: All-purpose flour in baked goods

TRY: Oat flour

When combined with other flour alternatives, like almond meal, oat flour transforms traditional cookies and brownies into tasty treats that pack a nutritious punch—with more protein, fiber, and calcium than regular all-purpose flour. One to try: Bob's Red Mill Natural Foods Whole Grain Oat Flour—it even comes in a gluten-free option. (\$4, bobsredmill.com)



INSTEAD OF: Sugar-packed soda

TRY: Naturally-sweetened drinks

While sugar consumption is declining, we're still managing 78 pounds per person every year, much of which comes from soda and other drinks. If your family is pining for a treat, try Zevia Zero Calorie Soda, it's sweetened with plant-derived stevia and monk fruit—and comes in 15 flavors. (starts at \$4 for 6-pack, zevia.com)

—D.W.

SHUTTERSTOCK (TOP)