

Debbie Matenopoulos of ABC's 'The View' Discusses Pregnancy and Motherhood



By Shannon Seibert

Expecting mother and *The View* alum Debbie Matenopoulos is embracing the excitement of pregnancy and motherhood. With her trendy maternity style mixed with her healthy life style, she is bound to be a great mother. The two-time Emmy nominee recently caught up with Celebrity Baby Scoop about her first child and her new cookbook, *It's All Greek to Me*.

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CBS: Tell us a little about your maternity style. What advice do you have for new mothers who want to be trendy but comfortable?

DM: "I'm actually just starting to find my maternity style to be honest. My bump is just now starting to show a little, so I'm learning to dress it. I like wearing body conscious dresses that actually show it off. I think pregnancy is beautiful, and I love it when women embrace their bumps, so I have been trying to wear bump hugging silhouettes. I do, however, have some really fantastic boho chic dresses and onesies that I love as well."

CBS: Have you started to plan the nursery yet? Can you share any details about the theme, colors, etc.?

DM: "I have not started to plan the nursery yet. I guess I better get on that soon, huh? We are not finding out what we are having, so it makes it kind of difficult to pick colors and themes. I think I'm going to do a bit of sea/beach theme or a safari animal theme. My hubby is a spear fisherman and diver, so he is leaning towards the sea theme. One thing we do know is that we are going to paint clouds and a blue sky on the ceiling. That's about as far as we've gotten."

CBS: What's been the best piece of advice you've received so far about pregnancy and motherhood?

DM: "The best piece of advice I've gotten about pregnancy and motherhood is to simply enjoy it. There are so many things for us to worry about that sometimes we don't actually give ourselves a chance to enjoy how beautiful the whole process of pregnancy and motherhood is. I truly believe this will be the most beautiful and important thing I will ever do in my life."

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CBS: You recently celebrated your Greek heritage with the

release of your new cookbook, *It's All Greek To Me*. What can we learn from the Greek culture and cuisine?

DM: "The book is a compilation of my family's century old recipes that are not only great for your health but also incredibly delicious. There is a lot to learn from my ancestors. Greek people have been eating organically for hundreds of years. They wouldn't consider spraying chemicals on fruits and vegetables or pumping hormones into animals that they would then eat. It's just simple common sense to them. I do not believe in eating processed food. I'm not a doctor, but I believe a lot of processed foods are the cause of many of our health issues in this country. I truly hope that everyone who prepares food from my book will enjoy the benefits of it as much as I have over the years."

For the rest of the interview, visit www.celebritybabyscoop.com/2014/06/12/matenopoulos-pregnancy-beautiful!