

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 11



FRESH RX FOR MOMS
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

Weight Gain During Pregnancy

How much should I gain?

The amount of weight gained during pregnancy is based on your pre pregnancy BMI and the number of babies you are carrying.

Pre Pregnancy BMI	Rate of weight gain 2nd and 3rd trimester	Total Weight Gain with a single fetus
<18.5	1-1.3lbs	28-40lbs
18.5-24.9	.8-1lbs	25-35lbs
25-29.9	.5-.7lbs	15-25lbs
>30	.4-.6lbs	11-20lbs

Why is the amount of weight gain important?

- If you **gain less** than recommended, this can be associated with **low infant birthweight**. It can result in difficulty breastfeeding, increased risk for illness, and baby may experience developmental delays.
- If you gain more than the recommended amount of weight, this can be associated with a baby who is born too large. It can lead to delivery complications, cesarean delivery, and obesity during childhood.

How to meet weight gain recommendations?

- Know your caloric needs. Work with healthcare provider/dietitian to help.
- Eat a balanced diet
- Limit added sugars and solid fats.
- Work up to or maintain at least 150 minutes of moderate intensity aerobic exercise per week. (example: brisk walking)

Seasonal Recipe



Sauteed Collard Greens

Servings: 4 Prep time: 5-10 min Cook time: 10 mins

INGREDIENTS

- 1 pound of collard greens**
- 4 medium cloves of garlic**
- 2 tablespoons olive oil**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground black pepper**

DIRECTIONS

- 1. Remove hard stems from greens.**
- 2. In a large bowl filled with cold water, add greens. Allow any dirt to settle to bottom of the bowl. If greens are dirty, repeat this step. Once greens are clean, lift out of bowl and shake off any excess water.**
- 3. Stack leaves on top of each other. Roll into a tube shape. Make a few stacks if needed.**
- 4. Use a sharp knife to slice leaf rolls into 1/4-inch wide strips.**
- 5. Peel and mince garlic.**
- 6. In a large skillet over medium-high heat, heat oil.**
- 7. Add greens. May need to cook in two batches depending on pan size.**
- 8. Stir greens until wilted, about 1-2 minutes.**
- 9. Reduce heat to medium. Add garlic. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic start to brown or burn, reduce heat to medium-low.**
- 10. Season with salt and pepper.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.