

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 14



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



FRESH. LOCAL. LIVELY.

## Fat Facts



### Why are fats important?

Fats are necessary for your nutrition and health. They can help you absorb fat-soluble vitamins (A, D, E and K). They can reduce glycemic impact of meal or snack on your blood sugar so that it stays more consistent. During pregnancy, the fats you eat provide energy and help build the placenta and many fetal organs.

### What are the different types of fat?

- **Unsaturated Fats**- Typically come from plants and are liquid at room temperature. They are considered the "healthy" fats because they can improve blood cholesterol, help inflammation, and a number of other beneficial roles. **Examples:** olive and canola oil, avocados, nuts, seeds, walnuts, flaxseed, fish, etc.
- **Saturated Fats**- Typically comes from animal foods and are solid at room temperature. However, there are a few plant foods high in saturated fats (coconut, coconut and palm oil). A diet high in saturated fats is associated with health risks. It is biggest contributor to increases in LDL (bad) cholesterol. However, it can also increase HDL (good) cholesterol. **Examples:** dairy products, meat products (sausage, bacon, beef, etc), cookies and other grain based desserts, fast food dishes.
- **Trans Fats**- Fats that are made by heating liquid vegetable oils in the presence of hydrogen gas. Typically man made fats but can be found naturally in beef fat and dairy, in small amounts. They raise LDL (bad) cholesterol and lower HDL (good) cholesterol, create inflammation, contribute to insulin resistance, and can increase risk of heart disease. **Examples:** stick margarine, shortenings, processed sweets, baked good, packaged foods with hydrogenated oils, etc.

### How much fat should should you eat?

It is recommended to get 20-35% of calories from fat. Most of those fats should come from plant sources, such as olive oil, nuts, fish, and avocados. Limit solid fats from animal sources. Avoid processed, hydrogenated fats as much as possible.

# Seasonal Recipe



## Roasted Butternut Squash

**Servings: 6   Prep time: 5-10min   Cook time: 35min**

### INGREDIENTS

- 4 cups of butternut squash**
- 1/4 cup walnuts**
- 2 tablespoons of olive oil or  
canola oil**
- 1 teaspoon of dried sage**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 1/4 cup dried cranberries**
- 1 1/2 tablespoons maple syrup**

### DIRECTIONS

- 1. Preheat oven to 375 degrees F.**
- 2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into 3/4-inch, even-sized cubes.**
- 3. Coarsely chop walnuts. Set aside.**
- 4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.**
- 5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.**
- 6. In a small skillet over medium heat, heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.**
- 7. Gently toss cooked squash with cranberry mixture.**

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](http://www.fcmarket.org).

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