

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 16



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



FRESH. LOCAL. LIVELY.

## ***Added Sugars: How much is too much?***



### **How much added sugar is recommended?**

Your body **does not need any** carbohydrates from added sugars.

The *Dietary Guidelines for Americans 2020-2025* recommend Americans to limit added sugar to less than 10% of total calories. For a 2,000 calorie/day diet, that would be about 200 calories/50g sugar (12 teaspoons). However, the American Heart Association, **recommends women consume no more than 100 calories per day from added sugars (6 teaspoons)** to help reduce the risk of obesity and heart disease.

### **What are the major sources of added sugars?**

- Sugar sweetened drinks (soda, sweet tea, lemonade, sports drinks, energy drinks, etc.)
- Breakfast Cereals
- Desserts and Snack foods (candy, ice cream, cookies, snack cakes, etc.)

### **Tips for reducing added sugar intake:**

- Try drinking water, unsweetened tea, or seltzer that is flavored with slices of lemons, limes, oranges, strawberries, cucumber, mint, etc.
- Choose cereals with 5% of Daily Value or less of added sugars. Add fresh fruit to sweeten cereals and get additional fiber.
- Choose plain yogurt instead of yogurt with added sugars. Try sweetening it with fruit or unsweetened applesauce.
- For desserts or sweet cravings try 75% dark chocolate with dried fruit. However, if you do enjoy a treat high in added sugars, try smaller portions.
- When bake, replace added sugar with unsweetened applesauce or mashed banana. For example: if recipes calls for 1 cup of sugar, use 1/2 cup sugar and 1/2 cup applesauce or mashed fruit.

# Seasonal Recipe



## Sweet Potato Pancakes

**Servings: 8    Prep time: 15min    Cook time: 20min**

### INGREDIENTS

- 2 sweet potatoes, roasted and pureed**
- 1 1/2 cup of all-purpose flour**
- 2 tspns baking powder**
- 1/2 tspn of baking soda**
- 1 tspn salt**
- 1 tspn cinnamon**
- 1/2 tspn of ground nutmeg**
- 2 eggs, beaten**
- 1 1/2 cups of milk**

### DIRECTIONS

- 1. In a large bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and nutmeg.**
- 2. In a separate bowl, whisk together milk, sweet potato puree, then add eggs.**
- 3. Add wet ingredients to dry ingredients and stir until just combined.**
- 4. Melt butter in large nonstick skillet or griddle over medium heat. When skillet is warm, ladle batter onto skillet. Cook until bubbles start to form in batter and pancake is golden brown underneath, then flip. Cook until other side is golden brown.**
- 5. Repeat with remaining batter.**

**Chef's Notes: To reduce added sugar, try topping pancakes with fresh fruit and walnuts. Unsweetened applesauce is also a great topping to provide some added sweetness.**

**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).**

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