

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 17



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



FRESH. LOCAL. LIVELY.

## ***Hold the Salt***



On average, Americans consume about 3,400mg of sodium per day. The Dietary Guidelines recommend up to 2,300mg of sodium per day or about 1 teaspoon. During pregnancy, the recommendations are the same but it is important you don't avoid salt completely because it help keep fluids and electrolytes in balance.

### **Why should we limit sodium?**

Sodium attracts water and a high sodium diet attracts water into bloodstream which can increase the volume of blood and potential increase your blood pressure. Uncontrolled blood pressure, hypertension, can increase risk for heart attack, heart failure, stroke, kidney disease, etc.

Extra fluid in your body can also lead to swelling in hands, legs, ankles, and feet which is known as edema, which is already common in pregnancy.

### **Tips for decreasing sodium intake**

- **Read the nutrition label.** Choose items with % daily value < 5% or < 140mg of sodium.
- **Cook at home instead of eating out.** By preparing food at home, you can control the amount of sodium or salt added to your food.
- **Add flavor without salt.** Try using no salt seasoning blends, herbs and, spices instead of salt to add flavor to your food.
- **Buy fresh.** Choose fresh vegetables instead of canned to avoided added sodium.
- **Rinse your canned foods.** If you do choose canned items, choose no-salt-added and make sure to rinse foods such as beans and vegetables before eating. This helps remove some of the sodium.
- **Choose condiments wisely.** Sodium in our condiments can add up so try to choose light or reduce sodium condiments. Instead of store bought dressings, try oil and vinegar.

# Seasonal Recipe



## Squash and Potato Soup

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

### INGREDIENTS

- 2 tablespoons of olive oil**
- 1 yellow onion, chopped**
- 2 medium potatoes, cubed**
- 1 butternut squash, peeled, seeded, and cubed**
- 3 garlic cloves, chopped**
- 1 tablespoon fresh sage, chopped**
- 1/2 tablespoon fresh rosemary, minced**
- 1 (32 ounce) container of low sodium vegetable or chicken broth**
- Black pepper to taste**

### DIRECTIONS

- 1. Heat oil in a large pot of medium heat. Add onion and potatoes and sauté for 5 minutes. Add squash and cook until it begins to soften, about 8-10 minutes.**
- 2. Add garlic, sage, rosemary and stir for about 1 minute until fragrant.**
- 3. Add in enough broth the full cover the vegetables. Bring to a boil, cover, and reduce heat to a simmer. Cook until squash and potatoes are tender, about 30 minutes.**
- 4. Transfer the soup to a blender and blend until smooth. Add remaining broth as needed to reach desire and blend. Pepper to taste.**

**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.**