

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 19



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



FRESH. LOCAL. LIVELY.

What is Gestational Diabetes?

Gestational diabetes is a type of diabetes that develops in pregnant women if their blood sugar level gets too high. It typically appears during 24-28 weeks of pregnancy. You may develop gestational diabetes due to hormonal changes that may interfere with the way insulin works and the way the your body converts food into energy. If you get gestational diabetes, it doesn't mean you had diabetes before you got pregnant. However, it can increase your risk for developing diabetes later.

What are the symptoms of gestational diabetes?

Most women don't experience any symptoms. However, some women may experience frequent urination, nausea, thirst, and tiredness.

Why is it important to diagnose and treat gestational diabetes?

If left untreated, it can be a health risk to you and your baby. It increases your risk of cesarean birth, hypoglycemia, preeclampsia, type 2 diabetes. It increases your baby's risk of breathing problems, hypoglycemia, obesity, premature birth, type 2 diabetes.

Tips for managing Gestational Diabetes



Choose high fiber carbs instead of refined carbs.
Best sources of high fiber carbs are fruits, vegetables, and whole grains.



Eat smaller more frequent meals instead of three large meals.



Stay active during pregnancy.



Measure your blood sugars multiple times throughout the day, as instructed by your doctor.

Seasonal Recipe



Veggie Wrap

Servings: 4 Prep time: 15min Cook time: 0min

INGREDIENTS

- 1 radishes**
- 1 small carrot**
- 1 cup of salad mix**
- 1 sprig of fresh parsley**
- 1 sprig of fresh dill**
- 1 sprig of fresh cilantro**
- 1 lemon**
- 2 ounces of cheese**
- 1 large, ripe avocado (optional)**
- 1/4 cup nonfat, plain yogurt**
- 3 whole wheat flour tortillas**

Chef's note: You can use your favorite seasonal veggies in this wrap.

DIRECTIONS

- 1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.**
- 2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.**
- 3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.**
- 4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.**
- 5. Grate cheese.**
- 6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.**
- 7. In a small bowl, use a fork to mash avocado. Stir in yogurt.**
- 8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.**
- 9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.**
- 10. Place the warm tortilla on a cutting board. Spread 1/8 avocado mixture over center of tortilla. Layer with 1/8 greens, 1/8 grated veggies, and 1/8 cheese. If using turkey, add 1/8 turkey now. Squeeze more lemon juice over the mixture.**
- 11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels."**
- 12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.**

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.

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