

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 24



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



FRESH. LOCAL. LIVELY.

Rethink Your Drink

Having a healthy diet isn't just about the foods you eat, it's important to pay attention to your drink choices, too. When deciding what to drink, choose options that are full of nutrients and limited in added sugars and caffeine.

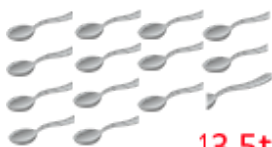
Caffeine is important for pregnant women to limit because high amounts can be associated with low birth weight infants. The recommended caffeine intake for pregnant women is < 200mg per day or about two 6 ounce cups per day. It is also important to limit added sugars in drinks because it can be hard to get all the nutrients you need each day without getting too many calories from added sugars. Sugar sweetened beverages tend to be the biggest source of added sugars for Americans. The American Heart Association recommends the maximum daily intake of added sugars be no more than 6 teaspoons for women. Drinks like soda, sweet tea, coffee drinks, and energy drinks are high in sugar and contain caffeine and should be limited as much as possible.

How much sugar is in my drink?

4 grams of sugar = 1 tsp



ENERGY DRINK



13.5tsp



SODA



12.5tsp



FROZEN COFFEE DRINK



13tsp



SPORTS DRINK



14tsp

Seasonal Recipe



Apple Crisp

Servings: 12 Prep time: 10 min Cook time: 20 mins

INGREDIENTS

5 medium apples

**¾ cup light brown sugar, packed
and divided**

½ cup whole wheat flour, divided

½ teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

Non-stick cooking spray

**½ stick (2 ounces) cold, unsalted
butter**

1½ cups quick oats

DIRECTIONS

- 1. Preheat oven to 350°F.**
- 2. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.**
- 3. Place apples cut side down. Use a sharp knife to cut apples into ⅛-inch slices.**
- 4. In a large bowl, combine sliced apples, ¼ cup of brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg. Mix well.**
- 5. Spray baking dish with non-stick cooking spray.**
- 6. Pour apple mixture into baking dish. Spread evenly.**
- 7. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.**
- 8. Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.**
- 9. Let sit for 15–20 minutes before serving.**

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.