

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 9



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



FRESH. LOCAL. LIVELY.

Importance of Vitamin D during Pregnancy

We all need vitamin D, "the sunshine vitamin", during pregnancy to support immune function, healthy cell division, and bone health. A previous newsletter focused on increased calcium needs during pregnancy. Our bodies need Vitamin D in order to absorb that calcium. Most prenatal vitamins contain only 400 IUs of Vitamin D but it is recommended to get between 1,000-2,000 IUs per day but can range up to 4,000 IUs per day.

Tips for getting more Vitamin D

- Eat more foods containing Vitamin D
- Sensible sun exposure (5-10 mins. of exposure of arms, legs, face) *may need more exposure for darker skin
- Vitamin D3 oral supplement

Food Sources of Vitamin D



Salmon, trout, fish oil, sardines, tuna



Fortified milk, yogurt, orange juice



Mushrooms exposed to UV light (noted on label)



Fortified Cereal

Seasonal Recipe



Tuna Pasta Bake

Servings: 9 Prep time: 10 min Cook time: 25-30 min

INGREDIENTS

- 1 (12 ounce) can low-sodium tuna in water**
- 2 cups whole wheat penne pasta**
- 2 medium green onions**
- 1 cup frozen peas**
- 1 cup of plain yogurt**
- 2 teaspoons of dried dill or parsley**
- 1/4 tspn salt**
- 1/4 tspn black pepper**
- 1/2 cup parmesan cheese, grated**
- 9-inch baking dish**

DIRECTIONS

- 1. Preheat oven to 400 degrees F.**
- 2. Boil the pasta according to package. Drain in colander and run under water until cool to touch, to keep noodles from sticking.**
- 3. Rinse and finely chop green onions.**
- 4. Drain canned tuna. In a large bowl, mix tuna, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper until full mixed together.**
- 5. Transfer pasta mixture to 9-inch baking dish.**
- 6. Top pasta mixture with parmesan cheese. Bake 25-30 minutes or until bubbling and golden.**

Chef's notes: Based on taste preferences, you can substitute 1 (14 1/2 ounce) can pink salmon in water for the tuna. Both tuna and salmon are good sources of Vitamin D.

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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