

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 2



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



FRESH. LOCAL. LIVELY.

Pregnancy and Iron

Pregnant women and growing infants are at risk for iron deficiency. In pregnancy, women need more iron to supply the growing fetus.

Recommended amount of iron per day, for pregnant women, is 27mg.

There are two types of iron: heme (animal products) and non-heme (plant products). Your body is better at absorbing iron from animal sources than plants but both sources are important in a balanced diet.

***Good sources of heme
and non-heme iron
include:***



**Beef, Chicken,
Shrimp, Lamb,
Tuna,**



**Fortified Bran Flakes,
Cream of Wheat,
Oatmeal, Whole
Wheat Bread**



**Broccoli, String Beans,
Dark leafy greens,
Potatoes, Cabbage,
Brussel Sprouts**



**Beans (kidney, lentil,
garbanzo, lima),
Peas, Tofu, Raisins,
Dates, Prunes**

***Eating high vitamin C foods with iron foods, help you better absorb iron. Examples of vitamin C foods: citrus, bell peppers, strawberries, tomatoes.**

Seasonal Recipe



Stir Fry with Brown Rice

Ingredients

- 1 cup of brown rice or quinoa
- 2 cups of vegetable broth (low sodium) or water if choosing low sodium option
- 2 teaspoons of vegetable oil
- 6oz of chicken breast, patted dry and sliced thin or tofu
- 2 cups of broccoli
- 1 cup of shredded carrots
- 1 orange or red bell pepper, seeded, stemmed and diced
- 1 clove of garlic
- 1 tablespoon minced and peeled ginger or 1/2 teaspoon ground ginger
- 1/2 cup of low sodium soy sauce
- 2 tablespoons of brown sugar or honey
- 2 tablespoons of cornstarch
- 1 tablespoon of rice vinegar (optional)
- 1 teaspoon of sesame oil (optional)

Directions

1. To cook the brown rice (or quinoa): In a medium pot, bring 2 cups of vegetable broth or water to a boil. Add 1 cup of rice to water. Reduce heat and simmer, until all of the liquid is absorbed, about 15-20 minutes.
2. While rice is cooking, prepare the stir-fry. Rinse and chop broccoli and bell pepper. Peel, rinse and shred carrots and ginger. Peel and finely chop garlic.
3. In a small bowl, combine soy sauce, sugar or honey, corn starch, ginger, garlic, vinegar, and sesame oil. Stir.
4. If using chicken, remove skin and cut into small pieces. In a medium skill over medium-high heat, heat 2 tspns of vegetable oil. Add chicken or tofu. Stir occasionally until slightly browned and starting to cook through.
5. Add chopped veggies. Stir frequently until veggies are tender and chicken is completely cooked, about 5-7 minutes. (Note: Chicken is done when internal temperature reaches 165°F)
6. Add soy sauce mixture. Bring to a boil then reduce heat and simmer until sauce is slightly thickened. about 2 minutes.
7. Serve of rice or quinoa.

Chef's Notes: Add any additional veggies you like such as bok choy, green peas, etc.

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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