

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 8



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



FRESH. LOCAL. LIVELY.

Eating healthy during pregnancy

During pregnancy, eating well is one of the best things you can do to support the growth of your baby and maintain a healthy weight. Pregnant women should follow same healthy eating pattern recommended for all women, with additional focus on iron, calcium, and folate. During the first trimester, calorie needs remain the same. Depending on pre pregnancy weight, **during secondary trimester you need additional 340 calories per day, and additional 450 calories per day in the third trimester.**

Why do we need additional calories?

- Growth of the fetus
- Increased breast tissue
- Increased maternal stores
- Increased blood volume

Recommended healthy daily eating pattern

- Eat at least 3 cups of vegetables per day (try to include 1 cup of dark green or orange vegetables that are high in vitamin C).
- Eat at least 2 cups of fruit a day. Try to limit fruit juice as a source of fruit and focus on whole fruit for added fiber and nutrients.
- Have at least 3 cups of dairy foods for adequate calcium and vitamin D intake.
- At least half of the grains you choose should come from whole grains. Choose cereals and breads that are fortified with iron.
- Eat at least 5-6 ounces of protein like lean meats, fish, eggs, or poultry. Some plant based proteins include cooked dried beans or lentils, tofu or soy, nuts, or peanut butter.

Seasonal Recipe



Stuffed Peppers

Servings: 6 Prep time: 45 min Cook time: 25 min

INGREDIENTS

1 lbs lean ground turkey

1 onion, chopped

2 stalks of celery, chopped fine

**1 large or 2 medium eggplant, peeled
and cubed**

6 bell peppers, cored and trimmed

1 cup brown rice cooked

**1 (8 ounce) can of tomato sauce, no
salt added**

**1 (14ounce) can of diced tomatoes,
no salt added.**

2 tspn of dried parsley or thyme

2 dried oregano

Salt and pepper to taste

2 tbspn of olive oil

1 clove of garlic, minced.

DIRECTIONS

- 1. Preheat oven to 350 degrees F.**
- 2. In a large skillet over medium heat, add half cooking oil and cook turkey until browned. Remove from heat.**
- 3. In the same large skillet over medium heat, add the other half of oil, add the onion, celery, parsley, oregano, and garlic and cook for 2-3 minutes. Add eggplant to the mixture and cook until the eggplant is soft.**
- 4. Add the ground turkey, rice, diced tomatoes, and tomato sauce to the vegetable mixture. Bring to a simmer, cover and cook, stirring occasionally, until rice is tender, about 15 minutes. Salt and pepper to taste.**
- 5. While mixture is cooking, parboil the cored and trimmed bell pepper in boiling water for 5 minutes.**
- 6. Fill the peppers with the eggplant, rice, turkey mixture. Place in a baking pan that is 1/8 inch of water and cover in foil.**
- 7. Bake for 15 minutes, uncover and bake 10-15 more minutes.**

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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