

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 7



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



FRESH. LOCAL. LIVELY.

## ***Are you getting enough Fiber?***

Dietary fiber has several benefits for pregnant women. It helps with proper digestion, provides important nutrients such as vitamin B, can help keep weight gain under control, regulates blood sugar, prevents constipation, and helps reduce the risk of cardiovascular disease during pregnancy. **The recommended amount of fiber per day for women, is at least 25 grams.** However, most of us consume only about half the amount of fiber we need each day.

### ***Tips for adding fiber to your diet***

- Make breakfast count. For breakfast, choose high fiber cereal- 5 or more grams of fiber per serving.
- Switch to whole grains. At least half of all grains should be whole grains. Ingredient lists should have whole wheat, whole wheat flour or another whole grain listed as first ingredient.
- Add legumes. Beans, peas, and lentils are excellent source of fiber. Try adding them to soups or salad for more fiber (and protein).
- Eat more fruits and vegetables. Try to eat five or more servings of fruits and vegetables per day.
- Make snacks count. Choosing fruits, vegetables, popcorn, and whole grains crackers are high fiber choices for snacks.

**\*\* Make sure to increase fiber gradually to prevent too much gas, bloating, and cramping.**

**\*\* Drink plenty of water. Fiber works best when it absorbs water!**

# Seasonal Recipe



## Fresh Corn Salad

**Servings: 8    Prep time: 15-20 min    Cook time: 3 min**

### INGREDIENTS

**4 ears of corn, shucked**

**1 cup of cherry tomatoes, halved**

**1/4 cup of red onion**

**1 (15ounce) can of black beans,  
drained and rinsed**

**3 tbsp fresh parsley, finely  
chopped**

**2 tbsp fresh basil, finely chopped**

**1/4 cup of olive oil**

**1 1/2 tbsp red wine (or apple  
cider) vinegar**

**1 tbsp lemon juice**

**1 1/2 tsp honey**

**1/2 tsp minced garlic**

**salt and pepper to taste (approx.  
1/2 tsp of each)**

### DIRECTIONS

- 1. Make dressing. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, garlic, salt and pepper.**
- 2. For the salad. Bring large pot of water to a boil. Have a bowl of ice water ready nearby.**
- 3. Once water boils, add corn and cook for 3 minutes.**
- 4. Transfer to ice water to cool for a few minutes. Drain well.**
- 5. Cut kernels from corn cob then transfer to a large bowl.**
- 6. Add tomatoes, cucumbers, red onion, black beans, parsley, and basil. Stir until all mixed together.**
- 7. Pour dressing over corn salad.**
- 8. Eat as a salad or with whole grain chips or crackers as a salsa.**

**Chef's note: Add a diced, fresh jalapeno if you enjoy spice!  
For maximum taste, try grilling instead of boiling corn.**

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](http://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.