

A monthly wellness newsletter from Better You

Nutrition During Pregnancy

Eating healthy while pregnant is important and can give your baby a great start. During pregnancy, you need strength and energy to keep up with a growing baby's demands on your body. On average, an extra 300 calories are recommended to support your baby's growth. These calories should come from a diet high in vegetables, fruits and grains and low in fats, sugars and cholesterol. To help make healthy choices for you and your baby, include the five food groups in your daily nutrition.

- **Grains** provide complex carbohydrates for energy, as well as vitamins, fiber and minerals. Try whole grain pasta, bread, crackers, rice, oats, tortillas and fortified cereals.
- **Vegetables** are a good source of vitamins and minerals like folic acid, iron and magnesium.
- **Fruits** provide vitamins A and C, potassium and fiber.
- **Dairy products** provide protein, calcium, phosphorus and vitamins. Choose pasteurized and low-fat or fat-free.
- **Protein** such as meat and beans are good sources of vitamin B, iron, protein and zinc. Choose from lean meat, poultry, fish, as well as dried beans, peas, eggs

and nuts. NOTE: Avoid shark, swordfish, king mackerel or tilefish while pregnant or breastfeeding because of high mercury levels.

Key Vitamins and Minerals:

Folic acid is a B vitamin that helps prevent birth defects of the brain and spine. Daily intake should be 600 mcg. Good sources are dark green leafy vegetables, fortified cereal, enriched bread, pasta, beans and orange juice.

Iron helps to keep your blood healthy. You need more iron during pregnancy because your body makes more blood. Daily intake should be 27 mg. Good sources include lean meat, poultry, seafood, cereal, bread, pasta, leafy green vegetables, beans, and nuts.

Calcium is great for the baby's bones, heart, muscles, and developing nerves. Daily intake should be 1000 mg. Calcium can be found in milk, cheese, yogurt, dark green leafy vegetables and orange juice with calcium added.

Vitamin D helps your body absorb calcium and is needed for the development of the baby's bones and teeth. Daily intake should be 600 IU. Milk, cereal with vitamin D added and fatty fish like salmon are good sources.



More Tips:

- Drink at least eight, 8-ounce glasses of water daily.
- Avoid alcoholic drinks. Fetal alcohol syndrome causes major physical, mental, and behavioral problems to a newborn.
- Limit caffeine to 200 mg /day.
- Do not diet or try to lose weight while you're pregnant.

Eating a variety of healthy foods is important to give you the nutrition you need for a healthy pregnancy and healthy baby.

Florida Blue pregnant members are eligible to enroll in the Healthy Addition® Prenatal Education Program. Email: healthyaddition@floridablue.com or Call: 1-800-955-7635 option 6

Resources: [March of Dimes](#); [ACOG](#)

September is National Suicide Prevention Awareness Month

Suicide is one of the leading causes of death in the United States. While we may still be learning about the full impact of the pandemic on rates of suicide, what we do know is we can continue to work to raise awareness; reduce the stigma of mental health and illness; educate ourselves and others; and practice nonjudgment and acceptance in the face of others' pain and experiences.

When we ask someone directly, openly, and without judgment if they are thinking of killing themselves, it does not give them the idea to do it. It may provide an opportunity to share their truth and pain, which can lead to getting connected to helpful resources.

Resource: [American Foundation for Suicide Prevention](#); [CDC](#)

Here are a few of the warning signs:

- Talking about having no reason to live or about self and/or life being worthless.
- Expressing and/or feeling hopeless, heightened worry or anxiety.
- Changes in sleep behaviors, energy levels or appetite.
- Behavior changes around self-isolation; withdrawal from activities; changed attitudes towards friends and family members.

[Click here](#) for a more complete list.

How can you help someone?

Identify options: Depression and hopelessness can create dead end

thinking and a sense there's no way out. Remind them there are always options. Encourage them to seek help from their health care providers and look for as many supportive resources as possible, such as peer or group support, self-help books, volunteer opportunities, or social opportunities.

Engage and empathize through active listening. Listen in a way that shows you are fully engaged, don't interrupt, don't try to disturb the speaker, and don't enforce your views or give advice. Demonstrate that you hear them, you see them, you believe them, and you understand them.

Call or text the 988 Suicide & Crisis Lifeline.

To learn more about this topic, [click here](#) to join us for a live webinar on Thursday, September 15, 2022 at 1:00 pm Eastern time

Chicken, Brussels Sprouts and Mushroom Salad (Serves 4)

Ingredients:

- 6 tbsp olive oil
- 3 tbsp red wine vinegar
- 1 ½ tbsp minced shallot
- 1 tbsp Dijon mustard
- 2 tsp chopped fresh thyme
- ½ tsp ground pepper
- 12 oz shredded cooked chicken
- 4 cups shaved fresh cremini mushrooms
- 4 cups shaved Brussels sprouts

- 4 cups packed baby arugula
- 1 cup thinly diagonally sliced celery
- 1 cup shaved Parmesan cheese

Directions

Whisk oil, vinegar, shallot, mustard, thyme and pepper in a large bowl. Add chicken, mushrooms, Brussels sprouts, arugula and celery; toss to coat. Sprinkle with Parmesan.



Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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