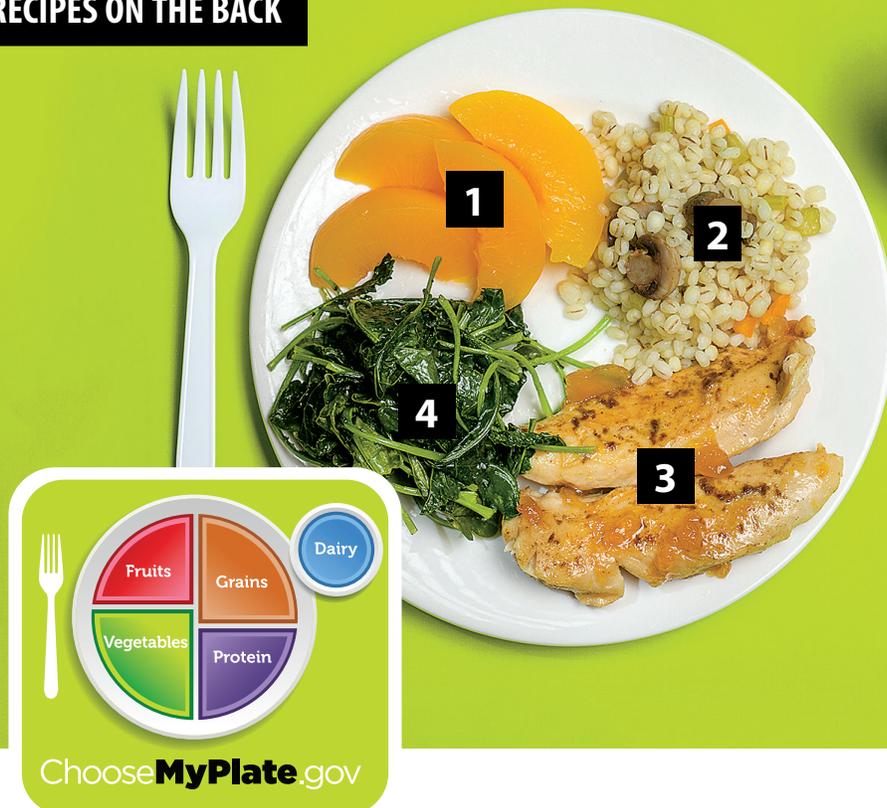


# MyPlate: Pregnancy

## RECIPES ON THE BACK



### 1. Fruits include:

Oranges, bananas, mangos, melons, prunes, apricots, apples, peaches, plums, berries, and 100% prune or orange juice

### 2. Grains include:

Whole grain or enriched bread, flour, pasta, rice, fortified ready to eat and cooked cereals such as 'iron-fortified' cereal

### 3. Proteins include:

Low fat or lean meats and poultry, salmon, trout, crab, herring, sardines, beans, peas, almonds, sunflower seeds, peanuts, and peanut butter

### 4. Vegetables include:

Spinach, cooked greens such as kale, turnip greens, collards, and beet greens, tomatoes and tomato sauces, red sweet peppers, carrots, and sweet potatoes

### 5. Dairy includes:

Fat-free or low-fat yogurt and cheese, low-fat milk (1% milk), fat-free milk (skim milk), and calcium fortified soymilk (soy beverage)

## Healthy Eating Tips

- Drink water, diluted fruit juice, & other unsweetened, caffeine free beverages for hydration
- Avoid raw (unpasteurized) milk and milk products
- **Reduce heartburn by:**
  - Eating small meals frequently
  - Eating while sitting up
  - Limiting or avoiding coffee, spicy food, chocolate, peppermint, oily or fatty foods, and citrus foods
- **Decrease constipation by:**
  - Increasing dietary fiber intake by choosing fruits, vegetables, and whole-grain foods
  - Drinking more water throughout the day

Jackie Walters, MBA, RD, Extension Specialist for Nutrition Education Programs; Elizabeth Bronner, Candidate, Masters of Science in Dietetics and Human Nutrition; Hazel Forsythe, PhD, RD, Associate Professor of Dietetics and Human Nutrition; A joint project of University of Kentucky Department of Dietetics and Human Nutrition and Family and Consumer Sciences Extension

## APRICOT & LEMON CHICKEN

- 2 tablespoons vegetable oil
- 4 chicken breasts, boneless & skinless (medium)
- 1 teaspoon cumin
- 1/3 cup apricot spread
- 1 fresh lemon, juiced
- 2 tablespoons water

1. Preheat oil in a skillet over medium-high heat.
2. Rub cumin over chicken and place in skillet.
3. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.
4. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth.
5. Spoon sauce over chicken and serve warm.

**Makes 4 servings**

**Cost: per recipe: \$8.08**

**Tip:** May substitute approximately 3 tablespoons of lemon juice for 1 fresh lemon.

## BARLEY PILAF

- 1 tablespoon vegetable oil
- 1 cup onion, chopped (optional)
- 1/2 cup celery, chopped
- 1/2 cup green or red bell pepper, chopped
- 1 cup mushrooms (fresh sliced, or 1-4 ounce can mushrooms, drained)
- 1 cup pearl barley, uncooked
- 2 1/2 cups water
- 1 teaspoon vegetable bouillon (or beef or chicken, low sodium)

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to

dissolve bouillon. Bring to a boil, lower heat and cover pan.

4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

**Cost per recipe: \$1.99**

**Tip:** To make this a main dish add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal.

**Tip:** If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.

**Tip:** Rice can be substituted for barley. (Increase fiber by choosing brown rice)

## SEARED GREENS

- 1 1/2 pounds kale or collard greens
- 2 tablespoons vegetable oil (or olive oil)
- 4 garlic cloves (chopped or minced)
- 1 cup water
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons vinegar, cider

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces.
2. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

**Cost per recipe: \$4.09**

**Makes 6 servings**

**Nutritional Analysis:** 40 calories, 4 g fat, 0 g saturated fat, 0 mg cholesterol, 110 mg sodium, 10 g carbohydrate, 2 g fiber, 0 g sugars, 3 g protein.

## Apricot & Lemon Chicken

Nutrition Facts			
Serving Size (166g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 250	<b>Calories from Fat</b> 80		
% Daily Value*			
<b>Total Fat</b> 9g			<b>14%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 75mg			<b>25%</b>
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 11g			
<b>Protein</b> 26g			
Vitamin A 0%		Vitamin C 20%	
Calcium 2%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

## Barley Pilaf

Nutrition Facts			
Serving Size (112g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 100	<b>Calories from Fat</b> 20		
% Daily Value*			
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 10mg			<b>0%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 2g			
<b>Protein</b> 2g			
Vitamin A 8%		Vitamin C 25%	
Calcium 2%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4