



June 2017

Nutrition Connection

The latest news and events from the [Kendall Reagan Nutrition Center](#) at Colorado State University

Eating for a Healthy Pregnancy

If you are pregnant or planning to become pregnant, there are many nutrition tips that can help you feel better, decrease your risk of complications, and improve your baby's health. In a recent survey, 70% of women stated they started eating more healthfully when they found out they were pregnant. That's great news, and we hope to get that to 100%. So even if you are not expecting, share this with someone who is!

Pregnancy Nutrition: True or False

- ▶ You are eating for two.

False. It may seem natural to eat extra helpings at meals and load up on your favorite treats, but your calorie needs do not increase until the second trimester. In the second and third trimesters, you and your baby need extra nutrients; instead of just eating more, listen to your hunger and fullness, and see the next page for specific nutrient suggestions.

- ▶ You need more fluids.

True. Did you know you have up to 40% more blood and fluid in your body when pregnant? Experts recommend 10 cups of fluids daily during pregnancy. Water, juice, milk, non-dairy milk substitutes and tea all count. You may even have a cup or two of coffee.

- ▶ Only 1/3 of pregnant women eat the recommended amount of vegetables and fruits.

True. That is unfortunate, because vegetables and fruits provide fiber, vitamins and minerals to boost growth, immunity, and the digestive process. Aim for 3 servings of vegetables and 2 servings of fruit every day. Visit the [ChooseMyPlate website](#) for more information.



KRNC presents
"Eating for a Healthy Pregnancy Lunch and Learn"
for expectant moms and partners

When: Thursday, June 15, 2017

Time: 12-1:30 p.m.

Cost: \$30 per couple - lunch included!

Register at [Healthy Pregnancy Lunch and Learn](#) or call (970) 491-8615

Know your nutrients

During pregnancy, your body needs the same balanced food intake as it did before pregnancy, but these important nutrients need special attention!

Protein is needed for your baby's growth and development. Good sources: lean meat, poultry, eggs, fish, dairy products, beans, peas, nuts, and seeds.

Folate helps prevent birth defects and decrease the risk of premature birth. Good sources: beans, peas, vegetables (especially spinach and asparagus), and fortified grains. Your prenatal vitamin should include at least 400 mcg of folic acid.

Calcium is critical for both you and your baby- for strong bones and teeth, circulation, and muscle and nervous systems. Good sources: Dairy (milk, yogurt, and cheese) as well as fortified orange juice, almond milk, and soy milk.

Vitamin D also helps build bones and teeth, and promotes absorption of calcium. Good sources: fortified milk, milk substitutes and orange juice, fortified yogurt, and egg yolks.

Iron is needed for your red blood cells to carry oxygen throughout your body. You need twice as much now as you did before pregnancy, and not getting enough can lead to fatigue and low birth weights. Good sources: meat, fortified cereal, spinach, and beans.

TIP: Increase absorption of iron by including vitamin C foods like citrus, peppers and leafy greens.

If you think you cannot get the nutrients you need from food, talk to your doctor or dietitian about a good vitamin/mineral supplement.



Walking for Two

Wondering if you can exercise during pregnancy? Experts recommend maintaining your fitness level if you were exercising before expecting. If you were not exercising before, you can and should still add physical activity! Just start slowly - go for 15 minutes at low intensity and build up gradually. Benefits include stress relief, better sleep, lower risk of diabetes, fewer back aches, less constipation, reduced swelling in feet and ankles, and better ability to return to normal activity after childbirth.

What are you waiting for? Ask your doctor, dietitian or certified personal trainer for specific recommendations.

Quinoa Oatmeal

This dish combines quinoa and oats for a flavorful, high protein, high fiber meal or snack. Easy to make and great as leftovers, it will save you time and energy when you don't feel like cooking. Best of all, it can be served sweet or savory at any time of the day, making it a go-to for expectant moms or anyone looking for a fun and easy meal!

Ingredients:

- ½ cup dry quinoa
- 1 teaspoon olive oil or butter
- 1 cup of steel cut oats
- 4 cups water
- ½ cup milk or nondairy milk substitute

Directions:

1. Rinse quinoa in a strainer and set it aside.
2. Heat the oil or butter in a saucepan over medium heat
3. Add the steel cut oats to the saucepan and stir gently for 1-2 minutes; you will get a toasty smell when it is ready.
4. Add quinoa and water to the saucepan of oats, and bring it to a boil. (Tip: heat the 4 cups of water ahead of time for a quicker boil).
5. Turn down to a low heat and simmer for about 20 minutes.
6. Add milk or nondairy milk substitute and turn off the heat. Keep warm until ready to serve.



For a sweet flavor, serve with berries, nuts, seeds, or maple syrup.
For a savory flavor, mix in avocado slices, nuts, or leafy greens like spinach or kale.

Serving Size: 1 cup

Yield: 6 servings

The following nutrition information was calculated using butter and 1/2 cup lowfat milk.

Nutritional Information for 1 cup

Calories	173.0 cal	Protein	7.0 g
Total Fat	3.7 g	Total Carbohydrates	28.1 g
Saturated Fat	0.6 g	Dietary Fiber	6.3 g
Cholesterol	2.7 mg	Sodium	9.7 mg

Upcoming KRNC Programs and Events

Now registering! Eating for a Healthy Pregnancy ~ Lunch and Learn

If you are pregnant or thinking of becoming pregnant, you will love learning how to provide the best nutrition for you and baby. Partners welcome.

Thursday June 15, 2017 from 12-1:30 pm. Lunch is included!

\$30 per couple for community members and students. FREE for CSU employees.

[CLICK HERE TO REGISTER OR FOR MORE INFORMATION](#)

Now registering! National Diabetes Prevention Program

You can prevent diabetes with our engaging, interactive class. Proven results and life long habits.

Beginning Friday July 7, 2017 from 12-1 pm

- *New offering from Commitment to Campus: FREE for CSU employees!**
- *FREE if you have Anthem Blue Cross Blue Shield insurance.**
**If you qualify by meeting pre-diabetes criteria*
- You are also welcome to self pay - very reasonable price.

Call for more information or [CLICK HERE TO REGISTER](#).

Now registering! Camping Cooking Class for families, couples, or singles

Our Friday Date Night Cooking Classes are so popular, we created one for everyone to join! Bring a partner, bring your family, or come alone - you will have plenty of fun company. You will learn easy, inexpensive and most importantly, delicious recipes for fueling your camping, backpacking and hiking adventures.

Friday, June 9, 2017 from 6-8 pm.

Cost

- \$40 per individual age 13 and over
- \$75 per couple/pair
- \$20 per child 12 and under

Call to register or [CLICK HERE FOR MORE INFORMATION](#)

Save the Date! KRNC is expanding into the new CSU Health & Medical Center. Join us for the community open house on **July 29th 3-5pm** to see the new facility. Add it to your calendar and look for more details in our July Newsletter!



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