

# Nutrition News You Can Use

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Let Freedom Ring!



## Drinking Water is Important during Pregnancy :

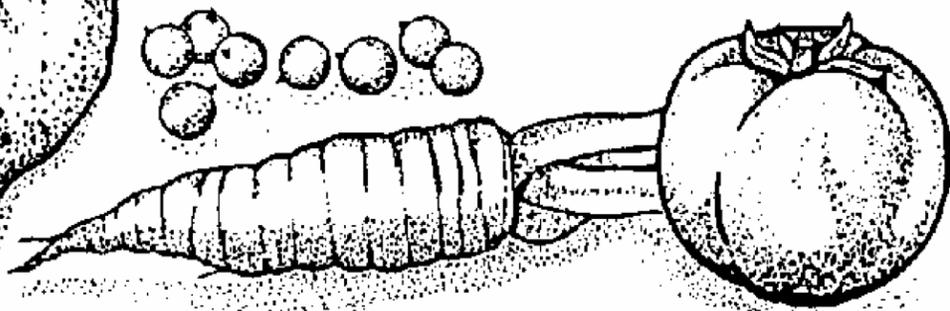
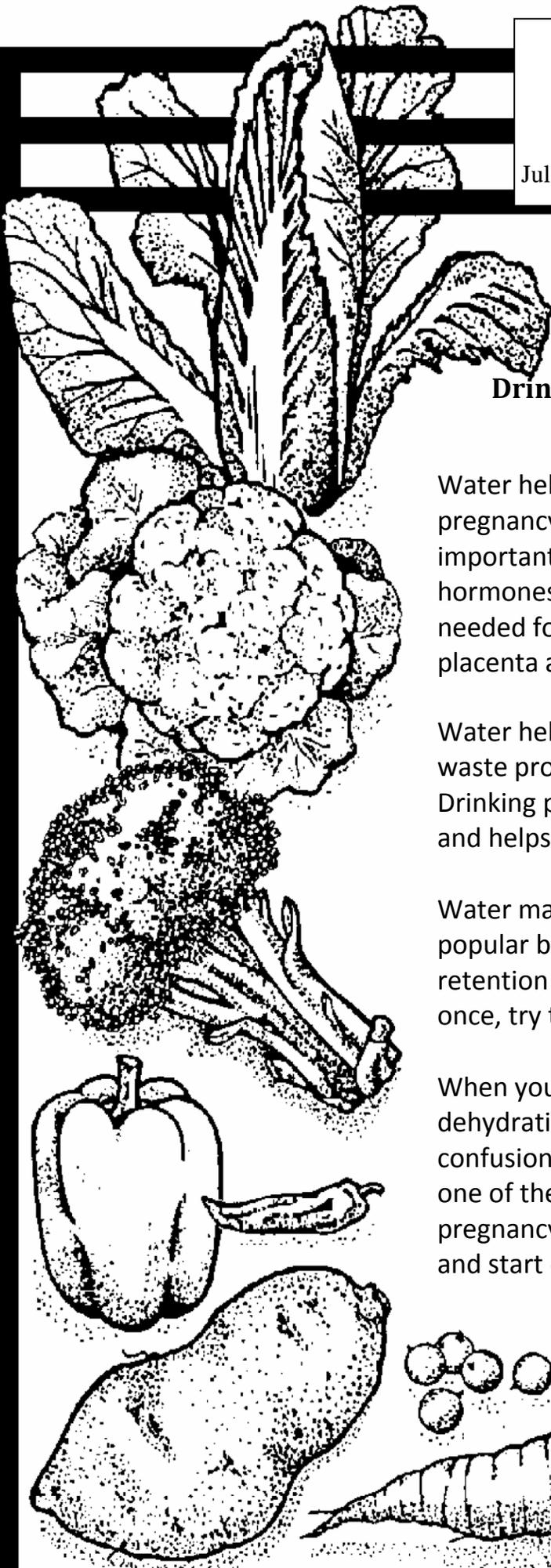
Water helps keep you and your baby healthy during pregnancy and hot summer weather. It carries important nutrients like vitamins, minerals, and hormones to the blood cells. Water *is also* what's needed for these nutrient-rich blood cells to reach the placenta and finally your baby.

Water helps in waste removal. Water dissolves the waste products and helps flush them from the kidneys. Drinking plenty of water also helps to move solid waste and helps to prevent constipation.

Water may also help prevent bloating. Contrary to popular belief, drinking plenty of liquids can keep water retention under control. Instead of drinking a lot all at once, try to spread it out throughout the day.

When you don't drink enough water, you are at risk for dehydration. Dehydration can cause headache and confusion. It can also cause dry skin, dry mouth and is one of the most common reasons for fatigue in pregnancy. So grab a tall, cool, refreshing glass of water and start drinking!

- Carly Orr, Nutrition Educator



## Tips for Getting Plenty of Liquids and Staying Hydrated:

- Start your day with a glass of water. Try to drink 8 oz. every hour or so throughout the day.
- If you find it difficult to drink plain water, try adding a few slices of lemon, orange, watermelon, or my favorite...cucumbers.
- Soups, juices and smoothies are a great addition your diet and count as toward your daily water requirements! Liquid-based foods are also easier to keep down and will keep you hydrated. It may even help reduce morning sickness. See “recipe corner” for a great fruit smoothie!



## Fruit and Vegetables In Season:



**Fruit:** Raspberries, Watermelon, Blueberries, Nectarines and Cantaloupe

**Vegetables:** Sugar Snap Peas, Cucumber, Carrots, Squash and Zucchini

## Recipe Corner

### Raspberry Smoothie

#### Ingredients

- ½ c. fresh raspberries
- ¼ c. ground rolled oats
- ½ c. skim milk (substitute almond or coconut milk if you wish)
- 1 container (5.3 oz.) yogurt
- 2 tbs. pasteurized honey (optional)

#### Directions:

Combine all the ingredients into a blender or food processor and puree until it's mixed well – about 30 seconds.

Serve immediately.

\*Makes (2) 8 oz. servings - Enjoy!

### Cucumber Dill Greek Yogurt Dip

#### Ingredients:

- 1 large cucumber
- 16 oz. plain Greek yogurt
- 1/4 c fresh dill
- 1 TBS Lemon juice
- 1 tsp salt



#### Directions:

In a food processor combine cucumber and yogurt. Add in dill, lemon juice, and salt. Mix well. Allow dip to sit in refrigerator for a few hours before serving.

Cover dip and chill for a few hours before serving.



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