



Pregnant Pause

A public awareness campaign focusing on the importance of alcohol and smoke-free pregnancies.

Sponsored by Healthy Mothers, Healthy Babies Coaliton and The NJ Coalition for Prevention of Developmental Disabilities, with funding support from the Governor's Council on the Prevention of Mental Retardation and Developmental Disabilities.

Healthy Mothers, Healthy Babies Coaliton of Salem County is a program of Southern New Jersey Perinatal Cooperative.

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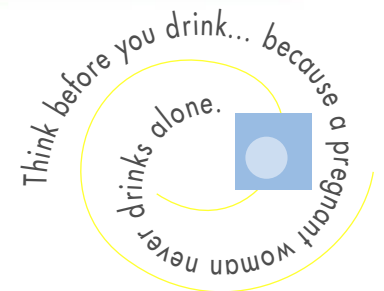
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snjpc.org
2008



Beverage Blast

Great Alcohol-Free Drinks
to Enjoy Anytime!



Pregnant Pause

The first step toward good health is an ALCOHOL AND SMOKE-FREE pregnancy



Mothers who drink alcohol can permanently harm their unborn babies. Risks are especially high during the first few weeks of a pregnancy, when a woman may not even suspect she is pregnant.

If you are pregnant or are thinking of becoming pregnant, now is the time to take a **Pregnant Pause** and stop drinking any kind of alcohol—even beer, wine, and wine coolers, as well as hard liquor and mixed drinks.



Why take a chance?

Think before you drink.

A pregnant woman never drinks alone.

When a pregnant woman drinks, the alcohol goes into her blood. The alcohol is carried to the unborn baby where it can damage the child's growing body and brain. Alcohol can also make blood vessels going from the mother to the baby smaller. Since less blood can get through, less food, water, and oxygen reach the baby.

Alcohol is the biggest cause of birth defects. While no one knows exactly how much alcohol it takes to harm an unborn baby, there is no amount that has been proven to be safe. It is **never too late** to stop drinking. No matter when a woman stops during pregnancy, her chances of having a healthy baby improve.



For help or more information:

Addictions Hotline of New Jersey
800-238-2333
www.njdrughotline.org

National Clearinghouse for Alcohol and Drug Information
800-729-6686
www.health.org

National Organization on Fetal Alcohol Syndrome
800-66-NOFAS
www.nofas.org

Mom's Quit Connection:
Quit Smoking With Support
888-545-5191
www.snjpc.org

Pregnancy Healthline (Southern New Jersey)
856-665-6000 / 888-722-2903
www.snjpc.org

WHAT IS FAS?

Fetal Alcohol Spectrum Disorder (FASD) is a group of permanent birth defects caused by drinking alcohol during pregnancy.

Damage to the fetus from alcohol exposure can include problems with learning, memory, attention span, problem solving, speech, hearing, and relating to others. Children with FAS may also be born with mental retardation, abnormal facial features and physical and organ defects.

Just Heavenly



◆ STRAWBERRY SLUSH

- 1 ounce fresh lime juice
- 1 teaspoon sugar
- Cracked ice
- 3 ounces frozen strawberries in syrup (or fresh, if available)

Fill a blender with cracked ice. Add lime juice, strawberries, and sugar. Blend until smooth, then pour into a chilled glass. Garnish with an extra strawberry (if you have one) or an orange slice.

www.babycenter.com

◆ CHOCOLATE DREAM

- 1 envelope of cocoa mix
- Ice
- Whipped cream
- 2 Andes mints or a Skor candy bar, crushed

Prepare cocoa according to package instructions. Chill in refrigerator. Combine chilled cocoa with ice in blender. Blend well until smooth, then pour into two Irish coffee glasses. Top with whipped cream. Sprinkle crushed mints or crushed Skor bar on top.

www.vartanho.com

◆ DIRTY SNOWMAN

- Coffee ice cream
- Milk
- Grenadine (optional)

Make a thick milkshake with the ice cream and a bit of milk. Pour into a tall glass and splash the grenadine on top.

www.vartanho.com

DID YOU KNOW....

When a pregnant woman inhales smoke, her unborn child smokes too, decreasing important oxygen needed for growth. And mothers who smoke have more medical problems at delivery than nonsmokers.

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Cool Treats

Now Serving...

◆ PEACHY ICED TEA

- 6 decaf tea bags
- 1 gallon & 1 quart water
- Peach syrup, to taste (Approx. 1/2 cup)
- Sugar to taste

Bring to a boil 1 quart water. Add 6 tea bags and steep for one hour. Remove tea bags. Mix tea, peach syrup, sugar, and water into 1 1/2 gallon container. Chill in refrigerator. Serve in a tall glass over ice, garnish with a peach slice and enjoy!

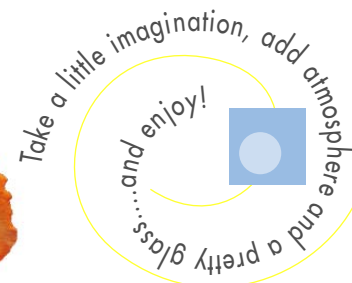
Pregnant Pause Sampler 2003 / Camden City HMHB

◆ TROPICAL TEMPTERS

- 1 can pineapple chunks
- 1 8 oz vanilla or plain yogurt
- 1 frozen banana
- 1 cup strawberries
- 1 mango, sliced
- 1/2 cup of frozen orange juice
- 2 cups ice

Blend ingredients together in blender or smoothie maker, serve chilled.

Pregnant Pause Sampler 2003 / Camden City HMHB



DID YOU KNOW....

Fetal Alcohol Syndrome (FAS) cannot be cured, but it is 100% preventable if a woman doesn't drink while she is pregnant.

Winning Combos

From Local Bartenders

◆ **SUNRISE SMILE**

- 2 scoops orange sherbet
- 1/2 oz. honey
- 1/2 oz. Coco Lopez
- 2 oz. pureed strawberries
- 2 oz. sliced peaches with syrup
- Splash of pineapple juice

Place ingredients into blender container. Cover blender and blend on high speed about 1 minute or until mixture is smooth. Makes 1 serving.

Pregnant Pause Best Beverage / Camden County

◆ **FRUITY BAM BAM**

- 2 oz. strawberries
- 2 oz. peaches with syrup
- 1/2 banana
- 2 oz. pineapple juice
- 1 teaspoon plain yogurt
- Ice

Place ingredients into blender container, cover, and blend about 1 minute or until mixture is smooth. Makes 1 serving.

Pregnant Pause Best Beverage / Camden County

◆ **PINK PASSION**

- 1 cup ice
- 5 oz. pineapple juice
- 3 oz. orange juice
- 5 oz. ginger ale
- 1 oz. lemon juice
- 3 oz. cranberry juice
- 2 oz. grenadine
- 2 tablespoons sugar

Add all ingredients to blender and combine until smooth. Garnish with pineapple and orange.

Pregnant Pause Best Beverage (Oil House Cafe) / Ocean County



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Clearly Light

Smooth and Refreshing

◆ **SUNSHINE COAST**

- 1/2 cup white grape juice
- 1/2 cup. apple juice
- 1/2 cup ginger ale

Mix and pour over ice in a stemmed glass. Optional: Float frozen white grapes on top for an elegant garnish. Makes one serving.

◆ **FROSTED TEA**

- 3 oz. unsweetened decaffeinated ice tea
- 2 oz. lemon juice
- 5 oz. seltzer water
- About 1/4 cup sugar

Mix and serve over ice in a tall glass. Garnish with a lemon slice or a sprig of mint.

◆ **COOL BLUSH**

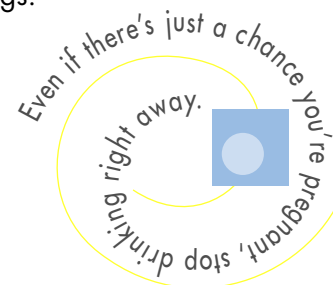
- 4 cups white grape juice
- 1 cup pink grapefruit juice
- 1 tablespoon lime juice
- 1 bottle club soda (750 milliliters)
- Pink grapefruit slices

This refreshing and tasty recipe is perfect for a group—or just whip up a pitcher to have on hand whenever you need a bubbly beverage break. In a large pitcher, combine all three juices. Refrigerate. Just before serving, add the soda water and grapefruit slices (and other fruit, if you'd like). Makes about 12 servings.

www.babycenter.com

DID YOU KNOW....

Every pregnancy is different, and drinking alcohol may hurt one baby more than another.



Nonalcoholic drinks often cost less, so you'll save money, too!



DID YOU KNOW....

Folic Acid—which is found in green, leafy vegetables, liver, fortified cereals and orange juice—helps a baby’s brain and spinal cord develop properly. By taking a daily multivitamin women can reduce the risk of defects such as spina bifida.

◆ **RASPBERRY CREME**

- 1 cup orange juice
- 1 cup raspberry yogurt
- 1 cup vanilla frozen yogurt
- 1/2 frozen banana, cut in chunks
- 1 1/2 cup frozen raspberries

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Recipe serves 3-5.

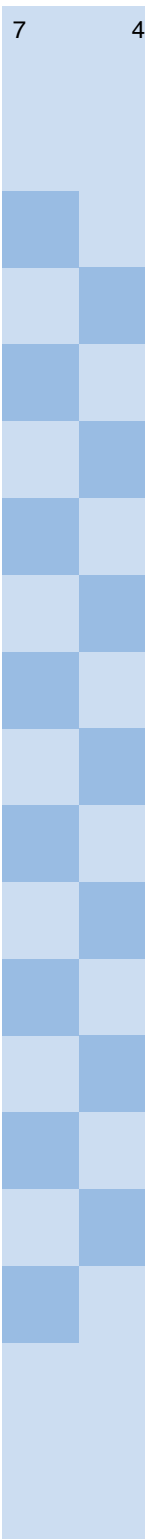
www.free-smoothies-recipes-elite.com

◆ **STRAWBERRY LEMON SURPRISE**

- 2 cups lemonade
- 2 cups frozen strawberries
- 1 cup strawberry yogurt

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Recipe serves 3-5.

www.free-smoothies-recipes-elite.com



DID YOU KNOW....

Tobacco use during pregnancy slows fetal growth, often causing babies to have problems due to low birth weight.



◆ **MOTHER MARY**

- Tomato juice
- Orange juice
- Pepper
- Celery salt
- Dash of Red Hot
- Dash of horseradish

Add ingredients to shaker and mis thoroughly. Pour over ice and garnish with celery stalk.

Pregnant Pause Best Beverage (Klee’s Bar & Grill) / Ocean County

◆ **STRAWBERRY SHORTCAKE**

- 1/4 cup fresh strawberries
- 1/4 cup nonfat hazelnut creamer
- Splash of non-alcoholic daiquiri mix
- 1 cup ice
- 1/2 cup nonfat strawberry yogurt

Place ingredients into blender container. Cover blender and blend on high speed about 1 minute or until mixture is smooth. Makes 1 serving.

Pregnant Pause Best Beverage / Salem County

◆ **CREAMSICLE BABY**

- 1 cup orange sherbet
- 1/4 cup 7-Up
- Ice
- Whipped cream
- Orange slice

Blend sherbet, 7-Up, and ice in blender about 1 minute or until mixture is smooth. Pour into a pretty glass and top with whipped cream and an orange slice.

Pregnant Pause Best Beverage / Salem County

Smoothies

Fruit & Milk

◆ LOWFAT STRAWBERRY PEACH SMOOTHIE

- 1 cup lowfat cottage cheese
- 2 cups ice
- 1 cup lowfat plain yogurt
- 1 tsp. vanilla extract
- 1 peach, cut in pieces
- 1 cup strawberries
- 3 Tbsp. honey

Combine ingredients in blender and blend until smooth. Makes 3 12-oz. servings. Calories: 213 calories, Fat: 2 g.

Friendship Dairies / www.friendshipdairies.com

◆ BANANA-STRAWBERRY SMOOTHIE

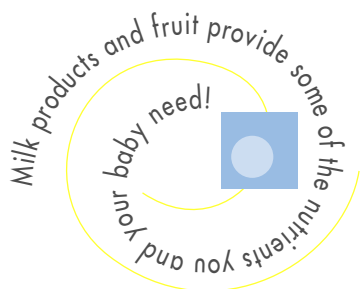
- 1 cup fresh (or frozen unsweetened) whole strawberries
- 2 small ripe bananas
- 1 8-ounce carton vanilla low-fat yogurt
- 3/4 cup milk

Peel bananas and cut into chunks. Place banana chunks, strawberries, yogurt, and milk into blender container. Cover blender and blend on high speed about 1 minute or until mixture is smooth. Turn off blender. Pour drink into 2 glasses. Makes 2 servings. Calories: 259, Fat: 5g.

Better Homes and Gardens / www.bhg.com

DID YOU KNOW....

*Everything a pregnant woman drinks,
her baby also drinks.*



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DID YOU KNOW....

Being pregnant doesn't mean you have to miss out on having fun with friends. Most bartenders can easily create an alcohol-free version of your favorite cocktail.

If milk or juice is the main ingredient, both you and your baby will get a nutritional boost! Or, try seltzer with lime for a simple, inexpensive (and calorie-free!) nonalcoholic alternative.



◆ LEMON LOUIE

- 2 cups lemonade
- 1 cup lemon yogurt
- 1 1/2 cups frozen pineapple chunks
- 1 cup pineapple sherbet

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Recipe serves 3-5.

www.free-smoothies-recipes-elite.com

◆ PURPLE PASSION

- 1/2 pint (generous 1 cup) of blueberries (fresh or frozen)
- 3/4 cup of plain lowfat yogurt
- 1/4 cup 1% lowfat milk
- 3/4 teaspoon of vanilla extract
- 1 tablespoon honey to sweeten (optional)

Put all ingredients into a blender and blend until smooth. Perfect for anytime of the day. Makes a nutritious after dinner dessert or afterschool snack for the kids, too!

www.homeschoolzone.com/m2m/recipes/smoothies.htm