

make ☕️
TODAY
blissfully
beautiful



Pregnancy brings with it great joy, excitement, and a radiant glow, but it also presents new challenges. When you're suddenly eating, drinking, and sleeping for two, it's the perfect time to commit to healthy changes.

Celebrate change

This month, embrace new, healthy habits – especially if you're expecting. Start by swapping out caffeine for herbal tea and taking a multivitamin of folic acid a day (talk to your doctor about which vitamins are right for you).

If you're expecting, visit kp.org/pregnancy to learn more about the journey to motherhood.

Peach Iced Tea

Ingredients (makes 6 cups)

- 1 tablespoon dried mint leaves
- 4 cups water
- 2 cups pureed peaches, chilled
- Fresh mint leaves for garnish

Directions

1. Steep mint leaves in hot water for 3 minutes.
2. Pour peaches into a sieve to remove chunks.
3. Once the mint tea is cool, mix it with the strained peach puree. Serve cold, garnished with fresh mint leaves.

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.

Please recycle. 60245309 November 2014