

In your first trimester, you need to eat folate-rich foods as well as take a folic acid supplement. We've highlighted in light orange foods that are rich in folic acid. You'll need plenty of iron-rich foods as well to help your body make red blood cells for your growing baby. We've highlighted in green foods that contain iron.

If you're feeling nauseous, foods rich in **vitamin B6** may help with morning sickness. We've highlighted in **brown** foods that are rich in **vitamin B6**. Throughout pregnancy, you need to limit your **caffeine** intake as it can pass on to your baby. We have highlighted in **dark orange** the foods containing **caffeine**.

Tip: Fresh ginger (adrak) can help to ease nausea. Add a few drops of ginger juice to drinks or dal.

| | Breakfast | Snack | Lunch | Snack | Dinner |
|-----------|---|--|---|---|---|
| Monday | Idli Coconut (nariyal) chutney Ginger tea | Roasted peanuts (moongphali) | Khichdi with vegetables Mint (pudina) raita Roasted papad | Pomegranate (anaar) juice Corn (makka) chaat | Spring onion and mushroom (hari pyaaz khumb) soup Chicken salad Sesame (til) bun |
| Tuesday | Mixed vegetable roti wrap Buttermilk (chhaach) | Papaya (<i>papita</i>) | Besan (gatta) curry Fenugreek potato (methi aloo) sabzi Chapati/rice | Lemonade (<i>nimbu pani</i>)Mixed nuts | Chicken curryStuffed brinjal (bharwa baingan)Chapati/rice |
| Wednesday | Wholewheat egg sandwich Glass of milk | Walnuts (akhrot) and raisins (kishmish) | Mixed (milijhuli) dal Cottage cheese and capsicum (paneer shimla mirch) sabzi Mixed flour (missi) roti | Coconut water (nariyal pani) Carrot and cucumber (gajar kheera) sticks | Minced meat (keema) with peas (matar) Pudina (mint) raita Rice |
| Thursday | Amaranth porridge (ramdana daliya) with watermelon (tarbooj) seeds Banana (kela) milkshake | Mango (<i>aam</i>) | Mung bean (moong) dal Soya and potato (aloo) cutlets Curd (dahi) Chickpea flour (besan) roti | • Tea • <i>Khandavi</i> | Lemon coconut (nimbu nariyal) fish curry Okra (bhindi) sabzi Rice |
| Friday | Semolina (suji) upma with beans and carrot (beens gajar) Lassi | Muskmelon (<i>kharbooja</i>) | Horse gram (kala chana) dal Fenugreek and colocasia (methi arbi) sabzi Cumin (jeera) raita Chapati/rice | Mango (aam) panna Puffed rice (murmura) with peanuts (moongphali) | Mughlai chicken Beans and potato (beens aloo) sabzi Chapati/rice |
| Saturday | Cheese on wholewheat toast Sapodilla (chikoo) milkshake | Banana (<i>kela</i>) | Mustard greens (sarson saag) Jaggery (gur) and curd (dahi) Makke ki roti | • Sattu drink | Chicken in spinach (paalak) Indian gooseberry (amla) chutney Pearl millet (bajra) roti |
| Sunday | Mung bean (moong) dal cheela Mint (pudina) chutney Glass of milk | Orange (<i>santara</i>) | Kidney beans (rajma) curry Pumpkin (kaddu) sabzi Cucumber and carrot (kheera gajar) salad Chapati/rice | Buttermilk (chhaach) Sweet potato (shakarkandi) chaat | Mutton curry Cauliflower and capsicum (gobhi shimla mirch) sabzi Mixed flour (missi) roti |

Note: Lentils (dal) are also a good source of iron.