

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: Eating smaller, more frequent snacks and meals can ease nausea.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Wholewheat toast • Hard-boiled egg • Banana (kela) milkshake 	Mixed fruit and nut salad	<ul style="list-style-type: none"> • Pigeon pea (arhar/toor) dal • Beans with grated coconut (beens nariyal) • Mango pulp (<i>aam ras</i>) • Rice 	<ul style="list-style-type: none"> • Glass of milk • Wheat rusk 	<ul style="list-style-type: none"> • Chicken curry • Spinach with corn (paalak makka) sabzi • Chapati/rice
Tuesday	<ul style="list-style-type: none"> • Chickpea flour (besan) cheela • Coriander (<i>dhaniya</i>) chutney • Lassi 	Custard apple (<i>sitaphal</i>)	<ul style="list-style-type: none"> • Soya curry • Okra (<i>bhindi</i>) sabzi • Tomato and onion salad (<i>tamatar pyaaz</i>) • Cumin (<i>jeera</i>) rice 	<ul style="list-style-type: none"> • Almond (badaam) milk • Puffed rice (<i>murmura</i>) with peanuts (moongphali) 	<ul style="list-style-type: none"> • Seekh kabab roll • Mint and coriander (<i>pudina dhaniya</i>) chutney • Cucumber (<i>kheera</i>) salad
Wednesday	<ul style="list-style-type: none"> • Flattened rice (poha) with beans and carrot (beens gajar) • Lassi 	Grapes (<i>angoor</i>)	<ul style="list-style-type: none"> • Chickpea curry (chhole) • Radish (<i>mooli</i>) sabzi • Pomegranate (anaar) raita • Rice 	<ul style="list-style-type: none"> • Mango (<i>aam</i>) milkshake 	<ul style="list-style-type: none"> • Chicken pasta in tomato (<i>tamatar</i>) sauce • Steamed broccoli (hari gobhi)
Thursday	<ul style="list-style-type: none"> • Masala porridge (<i>namkeen daliya</i>) • Buttermilk (<i>chhaach</i>) 	Plum (<i>aloo bhukhara</i>)	<ul style="list-style-type: none"> • Red lentil (masoor) dal • Stuffed round gourd (<i>bharwa tinda</i>) • Cucumber (<i>kheera</i>) raita • Chapati/rice 	<ul style="list-style-type: none"> • Lemonade (<i>nimbu pani</i>) • Roasted chickpeas (chana) with jaggery (<i>gur</i>) 	<ul style="list-style-type: none"> • Fenugreek (methi) fish curry • Cauliflower and potato (gobhi aloo) sabzi • Chapati/rice
Friday	<ul style="list-style-type: none"> • French toast • Mango (<i>aam</i>) milkshake 	Pear (<i>nashpati</i>)	<ul style="list-style-type: none"> • Spinach and cottage cheese (paalak paneer) curry • Beetroot (chukandar) salad • Pearl millet (bajra) roti 	<ul style="list-style-type: none"> • Lassi • Sweet potato (shakarkandi) chaat 	<ul style="list-style-type: none"> • Butter chicken • Brinjal (<i>masala baingan</i>) sabzi • Chapati/rice
Saturday	<ul style="list-style-type: none"> • Semolina (rava) idli • Coconut (<i>nariyal</i>) chutney • Tea 	Pomegranate (anaar)	<ul style="list-style-type: none"> • Peas (matar) masala • Colocasia (arbi) sabzi • Onion (<i>pyaaz</i>) <i>parantha</i> 	<ul style="list-style-type: none"> • <i>Jal jeera</i> • Flattened rice (<i>poha</i>) 	<ul style="list-style-type: none"> • Mixed (milijhuli) dal • Fish tikka • Ridge gourd (<i>tori</i>) sabzi • Chapati/rice
Sunday	<ul style="list-style-type: none"> • Sprouted peas (matar) parantha • Glass of milk 	Apple (<i>seb</i>)	<ul style="list-style-type: none"> • Mutton biryani • Mint (<i>pudina</i>) chutney • Onion tomato (<i>pyaaz tamatar</i>) raita 	<ul style="list-style-type: none"> • Ginger tea • Semolina (suji) upma 	<ul style="list-style-type: none"> • Kadhi • Pumpkin (<i>kaddu</i>) sabzi • Chapati/rice

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