

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: Drink orange juice or lemonade (nimbu pani) with iron-rich fruit or vegetables to help your body absorb the iron.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Wheat porridge (daliya) with dried fig (anjeer) and milk	Guava (amrud)	Red lentils (masoor) dal Potato and runner beans (aloo sem) Coriander mint (dhaniya pudina) chutney Finger millet (ragi) roti	Coconut water (nariyal pani) Roasted chickpea (chana)	Fenugreek (methi) chicken Chapati/rice
Tuesday	Cheese on wholewheat toast Mango (aam) milkshake	Pear (nashpati)	 Mung bean (moong) dal Bottle gourd (lauki) sabzi Curd (dahi) Chapati/rice 	• Tea • Roasted peanuts (moongphali)	Chicken korma Bitter gourd (karela) sabzi Chapati/rice
Wednesday	Oats (jai) upma with vegetables Lassi	Grapes (angoor)	Horse gram (kala chana) curry Okra (bhindi) sabzi Pomegranate (anaar) raita Chapati/rice	• Sattu drink	Mince meat and spinach (keema paalak) curry Cucumber and carrot (kheera gajar) salad Onion (pyaaz) roti
Thursday	 Idli Coconut (nariyal) chutney Ginger tea 	Mixed fruit salad	 Khichdi Onion tomato and cucumber (pyaaz tamatar kheera) raita Roasted papad 	• Banana (<i>kela</i>) milkshake	 Baked fish Sautéed mushroom, broccoli and beans (khumb, hari gobhi, beens) Boiled potatoes
Friday	Sprouts sandwich Coconut water (nariyal pani)	Sapodilla (<i>chikoo</i>)	 Black lentil (urad) dal Capsicum onion (shimla mirch pyaaz) sabzi Mixed flour (missi) roti 	 Buttermilk (chhaach) Walnuts (akhrot) and raisins (kishmish) 	 Chicken curry Pointed gourd and potato (parwal aloo) sabzi Chapati/rice
Saturday	Chickpea flour (besan) cheela Mint (pudina) chutney Sweet lime (mausambi) juice	Muskmelon (<i>kharbooja</i>)	 Soya curry Cumin potato (jeera aloo) sabzi Rice 	Pineapple (ananaas) lassi Flattened rice with peas (matar poha)	Mutton do pyaaza Round gourd (tinda) sabzi Chapati/rice
Sunday	Scrambled egg (bhurji) Beetroot parantha Glass of milk	Banana (<i>kela</i>)	 Spinach and cottage cheese (paalak paneer) Beetroot and carrot (chukandar gajar) salad Chapati/rice 	Wood apple (bael) sharbat Dhokla	 Prawns (<i>jhinga</i>) in coconut milk Beans (<i>beens</i>) sabzi Chapati/rice

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