

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: Keep dry crackers near your bed to nibble on before you get up if you feel nauseous in the morning.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> Boiled tapioca Fish curry Buttermilk (<i>morulmajjige</i>) 	Walnuts and raisins	<ul style="list-style-type: none"> Colocasia sambhar Ivy gourd <i>palya/poriyal</i> Pineapple <i>raita</i> <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Tender coconut water Roasted corn (<i>bhutta</i>) 	<ul style="list-style-type: none"> Minced meat curry Tomato and cucumber <i>raita</i> <i>Chapati</i>
Tuesday	<ul style="list-style-type: none"> <i>Idli</i> Curry leaves chutney Coffee 	Banana	<ul style="list-style-type: none"> Spinach and red lentils dal Beetroot <i>kosambari/kosumalli</i> Garlic <i>rasam</i> Curd Rice 	<ul style="list-style-type: none"> Grape juice Black gram vada 	<ul style="list-style-type: none"> Mutton leg soup Tomato egg curry <i>Chapati</i>
Wednesday	<ul style="list-style-type: none"> <i>Ven pongal</i> Coconut chutney Sweet lime juice 	Sapota	<ul style="list-style-type: none"> Mutton biryani Crispy brinjal Onion <i>raita</i> 	<ul style="list-style-type: none"> Buttermilk (<i>morulmajjige</i>) Puffed rice with peanuts 	<ul style="list-style-type: none"> Drumstick and shallot sambhar <i>Dosa</i>
Thursday	Finger millet (<i>ragi</i>) porridge with walnuts and milk	Papaya	<ul style="list-style-type: none"> Garlic chilli chicken curry Snake gourd <i>palya/poriyal</i> Pepper <i>rasam</i> Rice 	<ul style="list-style-type: none"> Pineapple <i>lassi</i> Chickpeas sundal 	<ul style="list-style-type: none"> Bottle gourd and pigeon peas dal <i>Chapati</i>
Friday	<ul style="list-style-type: none"> Omelette with wholewheat toast Milk 	Guava	<ul style="list-style-type: none"> Fish curry Carrot <i>palya/poriyal</i> Rice 	Mango milkshake	Semolina (<i>rava</i>) upma with potato , beans and roasted peanuts
Saturday	<ul style="list-style-type: none"> Capsicum and onion <i>uthappam</i> Coriander chutney Coffee 	Muskmelon	<ul style="list-style-type: none"> Black chickpeas curry Beans <i>palya/poriyal</i> <i>Chapati</i>/rice 	Almond milk	<ul style="list-style-type: none"> Chettinad crab soup (<i>nandu rasam</i>) Curd Rice
Sunday	<ul style="list-style-type: none"> Broken wheat (<i>samba rava</i>) upma with vegetables Banana milkshake 	Watermelon	<ul style="list-style-type: none"> Minced mutton kofta curry Mint coriander chutney Buttermilk (<i>morulmajjige</i>) Rice 	<ul style="list-style-type: none"> Lemonade Mixed sprouts sundal 	<ul style="list-style-type: none"> Radish sambhar Cabbage and peas <i>palya/poriyal</i> Curd Rice

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