

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	Whole green gram dosa (pesarattu) Mint chutney Sapota milkshake	Apple	Carom seeds gravy Chicken 65 Buttermilk (moru/majjige) Rice	Tender coconut water Chickpeas sundal	Banana stem soup Onion tomato chutney Finger millet (ragi) idiyappam
Tuesday	 Spinach and potato curry Chapati Milk 	Pear	 Fish curry Sweet potato palya/poriyal Curd Rice 	Lemonade Puffed rice with peanuts, chopped onion and carrots	Kidney beans curry Parotta
Wednesday	 Appam Mixed vegetables curry Coffee	Banana, mango and jackfruit salad	Red lentils and fenugreek greens dal Tomato raita Chapati/rice	Buttermilk (moru/majjige) Black gram vada	Chicken curry Chapati
Thursday	 Masala dosa Curry leaves chutney Ginger tea	Pomegranate	Mutton curry Bottle gourd palya/poriyal Curd Rice	• Banana milkshake	Carrot and capsicum sambhar Coriander coconut chutney Idli
Friday	Sliced chicken sandwich Mango juice	Orange	Lemon rice Egg curry Cucumber kosambaril kosumal li	• Split green gram kheer	Black eyed peas curry Pumpkin raita Chapati
Saturday	 Flattened rice (aval/ avalakki) with potato and peas Almond milk 	Walnuts and dates	Pigeon peas dal with spinach Colocasia masala dry Finger millet (ragi) chapati	Apple juice Vegetable cutlet	Prawns in coconut milk Beans palya/poriyal Chapati/rice
Sunday	 Idiyappam Black chickpeas curry Tender coconut water 	Watermelon	Ladies' finger buttermilk curry Green banana palya/poriyal Rice	Lemonade Minced meat samosa	Egg noodles with stir fried vegetables Carrot and cucumber salad

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