

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 **folate**. 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 with iron-rich fruit or vegetables to help your body absorb the iron.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>• <i>Idli</i></li> <li>• <b>Sambhar</b></li> <li>• Coconut and curry leaf chutney</li> <li>• <b>Orange juice</b></li> </ul>	<b>Sprouts</b> salad	<ul style="list-style-type: none"> <li>• Pepper <b>lamb</b> curry</li> <li>• Cumin rice</li> <li>• Cucumber and onion <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• Vegetable cutlet</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Green gram dal</b></li> <li>• <b>Sweet potato</b> <i>palyal/poriyal</i></li> <li>• <i>Chapati</i></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• <i>Dosa</i></li> <li>• Onion tomato chutney</li> <li>• <b>Coffee</b></li> </ul>	<b>Banana</b>	<ul style="list-style-type: none"> <li>• <b>Chicken</b> and coriander leaves soup</li> <li>• <b>Soya</b> chunks (meal maker) and capsicum curry</li> <li>• <i>Chapati</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Almond</b> milk</li> <li>• <b>Peanuts</b>, onion and tomato salad</li> </ul>	<ul style="list-style-type: none"> <li>• Ash gourd <b>sambhar</b></li> <li>• <b>Broccoli</b> and <b>peas</b> <i>palyal/poriyal</i></li> <li>• Curd</li> <li>• Rice</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• <b>Wholewheat</b> flakes with <b>walnuts</b> and dates</li> <li>• Mango juice</li> </ul>	Apple	<ul style="list-style-type: none"> <li>• <b>Red lentils</b> and <b>spinach dal</b></li> <li>• <b>Chicken</b> 65</li> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Tender coconut water</li> <li>• Tomato cheese sandwich with mint chutney</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Semolina (rava) idli</b> with vegetables</li> <li>• Coriander chutney</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• <i>Ven Pongal</i></li> <li>• Coconut chutney</li> <li>• Tender coconut water</li> </ul>	Custard apple	<ul style="list-style-type: none"> <li>• <b>Chicken biryani</b></li> <li>• Brinjal curry</li> <li>• Onion and <b>beetroot</b> salad</li> </ul>	<ul style="list-style-type: none"> <li>• Ginger <b>tea</b></li> <li>• <b>Broccoli bajji</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oats upma</b> with mixed vegetables</li> <li>• Mint coriander chutney</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• <b>Potato</b> and <b>peas masala</b></li> <li>• <i>Poori</i></li> <li>• Apple juice</li> </ul>	Papaya	<ul style="list-style-type: none"> <li>• Mixed vegetables in coconut milk and yoghurt gravy (<i>avial</i>)</li> <li>• <b>Colocasia masala</b> dry</li> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Buttermilk (<i>morul/majjige</i>)</li> <li>• <b>Walnuts</b> and dates</li> </ul>	<ul style="list-style-type: none"> <li>• Drumstick <b>sambhar</b></li> <li>• <i>Dosa</i></li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• Whole <b>green gram dosa (pesarattu)</b></li> <li>• Mint chutney</li> <li>• Milk</li> </ul>	<b>Guava</b>	<ul style="list-style-type: none"> <li>• <b>Minced meat</b> curry</li> <li>• Ladies' finger <i>palyal/poriyal</i></li> <li>• Curd</li> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Tender coconut water</li> <li>• <b>Sprouts sundal</b></li> </ul>	<ul style="list-style-type: none"> <li>• Brinjal rice (<i>vangi bhaat</i>) with <b>peas</b></li> <li>• Tomato <i>raita</i></li> </ul>
Sunday	<ul style="list-style-type: none"> <li>• Capsicum and onion <i>uthappam</i></li> <li>• <b>Peanut</b> chutney</li> <li>• Lemonade</li> </ul>	<b>Pomegranate</b>	<ul style="list-style-type: none"> <li>• Vegetable <i>pulao</i></li> <li>• <b>Egg</b> curry</li> <li>• Carrot and cucumber salad</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Banana</b> milkshake</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Kidney beans</b> curry</li> <li>• <b>Finger millet (ragi) chapati</b></li> </ul>

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