

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	<ul style="list-style-type: none"> Salted wheat porridge with mixed vegetables (<i>namkeen daliya</i>) Tea 	Strawberries	<ul style="list-style-type: none"> Cottage cheese and peas (<i>matar paneer</i>) curry Beans and potato (<i>beens aloo</i>) sabzi <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Wood apple (<i>bael</i>) sharbat Almonds and raisins (<i>badaam kishmish</i>) 	<ul style="list-style-type: none"> Vegetable <i>pulao</i> Cucumber (<i>kheera</i>) raita Green gram (<i>hari moong</i>) sprouts salad
Tuesday	<ul style="list-style-type: none"> Oats (<i>ja</i>) upma Mango (<i>aam</i>) milkshake 	Apple (<i>seb</i>)	<ul style="list-style-type: none"> Besan (<i>gatta</i>) curry Beetroot (<i>chukandar</i>) sabzi Sorghum (<i>jowar</i>) roti 	<ul style="list-style-type: none"> Lemonade (<i>nimbu pani</i>) Sweet potato (<i>shakarkandi</i>) chaat 	<ul style="list-style-type: none"> Peas and mushroom (<i>matar kumbh</i>) curry Okra (<i>bhindi</i>) sabzi <i>Chapati</i>/rice
Wednesday	<ul style="list-style-type: none"> Tomato (<i>tamatar</i>) wholewheat sandwich Cold coffee 	Pear (<i>nashpati</i>)	<ul style="list-style-type: none"> Crushed chickpea (<i>chhole</i>) chaat Tamarind and date (<i>imli khajoor</i>) chutney Curd (<i>dahi</i>) <i>Kulcha</i>/Pav 	<ul style="list-style-type: none"> Glass of milk Colocasia (<i>arbi</i>) cutlets Mint (<i>pudina</i>) chutney 	<ul style="list-style-type: none"> Mixed (<i>milijhuli</i>) dal Runner bean (<i>sem</i>) sabzi Curd Pearl millet (<i>bajra</i>) roti
Thursday	<ul style="list-style-type: none"> Corn flakes with almonds, walnuts (<i>badaam akhrot</i>) and milk Ripe papaya (<i>papita</i>) 	Sapodilla (<i>chikoo</i>)	<ul style="list-style-type: none"> Red lentil (<i>masoor</i>) dal Round gourd (<i>tinda</i>) sabzi Mint (<i>pudina</i>) parantha 	<ul style="list-style-type: none"> Coconut water (<i>nariyal pani</i>) Khandavi 	<ul style="list-style-type: none"> Soya and potato (<i>aloo</i>) curry Radish (<i>mooli</i>) sabzi Peas (<i>matar</i>) pulao
Friday	<ul style="list-style-type: none"> Mung bean (<i>moong</i>) dal cheela Mint (<i>pudina</i>) chutney Glass of milk 	Banana (<i>kela</i>)	<ul style="list-style-type: none"> Kidney beans (<i>rajma</i>) curry Pumpkin (<i>kaddu</i>) sabzi Cucumber and carrot (<i>kheera gajar</i>) salad <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Lemonade (<i>nimbu pani</i>) Corn (<i>makka</i>) chaat 	<ul style="list-style-type: none"> Mustard greens (<i>sarson saag</i>) Jaggery (<i>gur</i>) and curd (<i>dahi</i>) <i>Makke ki roti</i>
Saturday	<ul style="list-style-type: none"> Sprouts parantha <i>Lassi</i> 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> Pigeon peas (<i>arhar/toor</i>) dal Green banana (<i>hara kela</i>) sabzi Cumin (<i>jeera</i>) rice 	<ul style="list-style-type: none"> <i>Jal jeera</i> Roasted chickpeas (<i>chana</i>) 	<ul style="list-style-type: none"> Jackfruit (<i>kathal</i>) curry Bitter gourd (<i>karela</i>) sabzi Curd (<i>dahi</i>) Mixed flour (<i>missi</i>) roti
Sunday	<ul style="list-style-type: none"> Onion and tomato (<i>pyaaz tamatar</i>) <i>uthappam</i> Sambhar Coconut (<i>nariyal</i>) chutney 	Grapes (<i>angoor</i>)	<ul style="list-style-type: none"> Black-eyed peas (<i>lobhia</i>) curry Mint (<i>pudina</i>) raita <i>Chapati</i>/rice 	<ul style="list-style-type: none"> <i>Lassi</i> Fenugreek potato (<i>methi aloo</i>) cutlet 	<ul style="list-style-type: none"> Spinach and corn (<i>paalak makka</i>) sabzi Carrot cucumber (<i>gajar kheera</i>) salad Finger millet (<i>ragi</i>) roti

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