

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: Eating smaller and more frequent meals or snacks can ease nausea.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Wholewheat toast with tomato (tamatar) and cheese     Sweet lime (mausambi) juice	Muskmelon ( <i>kharbooja</i> )	<ul> <li>Besan (gatta) curry</li> <li>Spinach and potato (paalak aloo) sabzi</li> <li>Chapati/rice</li> </ul>	Almond     (badaam) milk     Roasted     chickpeas     (chana)	Red lentil (masoor) dal     Round gourd (tinda)     Chapati/rice
Tuesday	• Fenugreek ( <i>methi</i> ) parantha • Lassi	Sapodilla ( <i>chikoo</i> )	<ul> <li>Kidney beans (rajma)</li> <li>Bitter gourd (karela) sabzi</li> <li>Curd</li> <li>Cumin (jeera) rice</li> </ul>	• <i>Sattu</i> drink	<ul> <li>Peas (matar) and cauliflower (phool gobhi) masala</li> <li>Colocasia (arbi) sabzi</li> <li>Onion (pyaaz) parantha</li> </ul>
Wednesday	Oats porridge (jai daliya) with raisins (kishmish) and walnuts (akhrot)    Coconut water (nariyal pani)	Guava (amrud)	<ul> <li>Soya and potato (aloo) curry</li> <li>Mustard greens (sarson ka saag)</li> <li>Parantha</li> </ul>	Mango (aam)     milkshake     Green gram     (hari moong)     sprouts	Mushroom and spring onion (khumb hari pyaaz) soup     Grilled tomato and broccoli (tamatar hari gobhi)     Cheese toast
Thursday	<ul><li> Vegetable stew</li><li> Appam</li><li> Ginger tea</li></ul>	Orange (santara)	<ul> <li>Cottage cheese (shahi paneer) curry</li> <li>Okra (bhindi) sabzi</li> <li>Buckwheat (kuttu) chapati</li> </ul>	Jal jeera     Dhokla	<ul> <li>Radish (mooli) parantha</li> <li>Indian gooseberry (amla) chutney</li> <li>Tomato, cucumber, coriander (tamatar, kheera, dhaniya) raita</li> </ul>
Friday	Chickpea flour (besan) cheela with vegetables Mango (aam) panna	Banana ( <i>kela</i> )	Peas and fenugreek (matar methi) pulao Beans with coconut (beens nariyal) sabzi Cucumber (kheera) raita	Lemonade     (nimbu pani)     Mixed nuts	Split black gram with spinach (paalak urad) dal     Runner bean and potato (sem aloo) sabzi     Onion (pyaaz) stuffed roti
Saturday	Semolina (suji) upma with beans and carrot (beens gajar)     Cucumber buttermilk (kheera chhaach)	Grapes (angoor)	<ul> <li>Raw banana (kacha kela) kofta curry</li> <li>Turnip greens (shalgam ka saag)</li> <li>Mint (pudina) raita</li> <li>Sorghum flour (jowar) roti</li> </ul>	Watermelon     (tarbooj) juice     Puffed rice     (murmura) with     peanuts     (moongphali)	<ul> <li>Pigeon peas (arharltoor) dal</li> <li>Colocasia (arbi) sabzi</li> <li>Chapati/rice</li> </ul>
Sunday	Cauliflower (gobhi)     parantha     Curd (dahi)     Tea	Ripe papaya ( <i>papita</i> )	<ul> <li>Vegetable khichdi</li> <li>Coriander (dhaniya) chutney</li> <li>Cucumber, onion, tomato (kheera, pyaaz, tamatar) raita</li> </ul>	Lassi     Roasted corn     chaat (bhutta)	Chickpea (chhole) curry Radish (mooli) sabzi Pomegranate (anaar) raita Chapati/rice