

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: Drink orange juice or lemonade (nimbu pani) 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"> • Oats porridge (<i>jai daliya</i>) with banana (<i>kela</i>), dates (<i>khajoor</i>) and milk • Coconut water (<i>nariyal pani</i>) 	Pear (<i>nashpati</i>)	<ul style="list-style-type: none"> • Amaranth greens (<i>chaulai saag</i>) • Tomato (<i>tamatar</i>) chutney • Curd • Pearl millet (<i>bajra</i>) <i>roti</i> 	<ul style="list-style-type: none"> • Mango (<i>aam</i>) <i>panna</i> • Sweet potato (<i>shakarkandi</i>) <i>chaat</i> 	<ul style="list-style-type: none"> • Pigeon pea (<i>arhar/toor</i>) <i>dal</i> • Cabbage and coconut (<i>patta gobhi nariyal</i>) <i>sabzi</i> • <i>Chapati</i>/rice
Tuesday	<ul style="list-style-type: none"> • Mushroom (<i>khumb</i>) on wholewheat toast • Glass of milk 	Guava (<i>amrud</i>)	<ul style="list-style-type: none"> • Black-eyed pea (<i>lobhia</i>) <i>curry</i> • Stuffed brinjal (<i>bharwa baingan</i>) <i>sabzi</i> • Mixed flour (<i>missi</i>) <i>roti</i> 	<ul style="list-style-type: none"> • Pomegranate (<i>anaar</i>) <i>juice</i> • Mixed nuts with figs (<i>anjeer</i>) 	<ul style="list-style-type: none"> • Mixed (<i>milijhuli</i>) <i>dal</i> • Colocasia (<i>arbi</i>) <i>sabzi</i> • Tomato and coriander (<i>tamatar dhaniya</i>) <i>raita</i> • <i>Chapati</i>/rice
Wednesday	<ul style="list-style-type: none"> • Flattened rice with potatoes and peas (<i>aloo matar poha</i>) • Apple (<i>seb</i>) <i>juice</i> 	Grapes (<i>angoor</i>)	<ul style="list-style-type: none"> • Horse gram (<i>kala chana</i>) <i>curry</i> • Pumpkin (<i>kaddu</i>) <i>sabzi</i> • Curd • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Coconut water (<i>nariyal pani</i>) • <i>Dhokla</i> 	<ul style="list-style-type: none"> • Besan (<i>gatta</i>) <i>curry</i> • Ridge gourd (<i>tori</i>) <i>sabzi</i> • <i>Chapati</i>/rice
Thursday	<ul style="list-style-type: none"> • Grilled cheese sandwich • Almond (<i>badaam</i>) <i>milk</i> 	Mango (<i>aam</i>)	<ul style="list-style-type: none"> • Coconut (<i>nariyal</i>) <i>rice</i> • Drumstick (<i>shingphali</i>) <i>sabzi</i> • Roasted <i>papad</i> • <i>Rasam</i> 	<ul style="list-style-type: none"> • Lemonade (<i>nimbu pani</i>) • Pea (<i>matar</i>) <i>sprouts chaat</i> 	<ul style="list-style-type: none"> • Mung bean and spinach (<i>moong paalak</i>) <i>dal</i> • Crispy lotus stem (<i>kamal kakri</i>) • <i>Chapati</i>/rice
Friday	<ul style="list-style-type: none"> • Steamed vegetable and <i>dal idlis</i> • Coconut (<i>nariyal</i>) <i>chutney</i> • Tea 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> • Red lentils (<i>masoor</i>) <i>dal</i> • Fenugreek greens (<i>methi saag</i>) • Cucumber and spring onion (<i>kheera hari pyaaz</i>) <i>salad</i> • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Buttermilk (<i>chhaach</i>) • Walnuts (<i>akhrot</i>) and raisins (<i>kishmish</i>) 	<ul style="list-style-type: none"> • Peas and cottage cheese (<i>matar paneer</i>) <i>curry</i> • Cauliflower (<i>gobhi</i>) <i>sabzi</i> • Curd • <i>Chapati</i>/rice
Saturday	<ul style="list-style-type: none"> • Sesame potato (<i>til aloo</i>) with toast • Banana (<i>kela</i>) <i>milkshake</i> 	Orange (<i>santara</i>)	<ul style="list-style-type: none"> • Mung bean and Lamb's quarter (<i>bathua moong</i>) <i>dal</i> • Carrot and peas (<i>gajar matar</i>) <i>sabzi</i> • Onion (<i>pyaaz</i>) <i>raita</i> • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • <i>Lassi</i> • Roasted peanuts (<i>moongphali</i>) 	<ul style="list-style-type: none"> • Chickpea (<i>chhole</i>) <i>curry</i> • Spinach (<i>paalak</i>) <i>sabzi</i> • Bottle gourd (<i>lauki</i>) <i>raita</i> • Rice
Sunday	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) <i>dosa</i> • Sambhar • Coconut (<i>nariyal</i>) <i>chutney</i> • Ginger tea 	Muskmelon (<i>kharbooja</i>)	<ul style="list-style-type: none"> • Soya <i>curry</i> • Pointed gourd and potato (<i>parwal aloo</i>) <i>sabzi</i> • Cucumber (<i>kheera</i>) <i>raita</i> • Buckwheat (<i>kuttu</i>) <i>chapati</i> 	<ul style="list-style-type: none"> • Almond (<i>badaam</i>) <i>milk</i> • Corn (<i>makka</i>) <i>bhel</i> 	<ul style="list-style-type: none"> • Jackfruit (<i>kathal</i>) <i>curry</i> • Beetroot (<i>chukandar</i>) <i>sabzi</i> • <i>Chapati</i>/rice

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