

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 **foliac 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, *sambhar* or *dal*.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • <i>Masala dosa</i> • Coriander chutney • Tender coconut water 	Orange	<ul style="list-style-type: none"> • Spinach <i>sambhar</i> • Soya chunks (meal maker) <i>masala dry</i> • Rice 	<ul style="list-style-type: none"> • Spiced buttermilk (<i>moru/majjige</i>) • Split Bengal gram <i>vada</i> 	<ul style="list-style-type: none"> • Red lentils and spinach <i>dal</i> • Tomato and onion <i>palyal/poriyal</i> • Rice
Tuesday	<ul style="list-style-type: none"> • Wholewheat flakes with fruits and milk 	Sapota	<ul style="list-style-type: none"> • Lemon rice • Colocasia <i>masala dry</i> • Sprouts salad 	<ul style="list-style-type: none"> • <i>Kulukki sarbath</i> (spiced lime juice) • Roasted peanuts 	<ul style="list-style-type: none"> • Mixed lentils and rice <i>dosa (ada)</i> • Mixed vegetables in coconut milk and yoghurt gravy (<i>avial</i>)
Wednesday	<ul style="list-style-type: none"> • <i>Ven pongal</i> • Coconut chutney • Coffee 	Almonds and figs	<ul style="list-style-type: none"> • Chettinad mushroom <i>masala</i> • Brinjal fry • Curd • Rice 	<ul style="list-style-type: none"> • Kokum sharbat • Black chickpeas <i>sundal</i> 	<ul style="list-style-type: none"> • Curd rice • Spicy yam • Roasted <i>papad</i>
Thursday	<ul style="list-style-type: none"> • Tomato <i>uthappam</i> • Shallot sambhar • Watermelon juice 	Guava	<ul style="list-style-type: none"> • Ladies' finger buttermilk curry • Fenugreek greens and pigeon peas <i>palyal/poriyal</i> • Rice 	<ul style="list-style-type: none"> • Rose <i>lassi</i> • Walnuts and raisins 	<ul style="list-style-type: none"> • Oats <i>idli</i> with vegetables • Curry leaves chutney
Friday	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) upma with vegetables and peanuts • Sapota milkshake 	Pomegranate	<ul style="list-style-type: none"> • Cauliflower, broccoli and potato curry • Roasted capsicum <i>raita</i> • Finger millet (<i>ragi</i>) chapati 	<ul style="list-style-type: none"> • Tender coconut water • Wheat rusk 	<ul style="list-style-type: none"> • Turnip <i>palya/poriyal</i> • Garlic <i>rasam</i> • Rice
Saturday	<ul style="list-style-type: none"> • Wholewheat toast with cheese • Tea 	Banana	<ul style="list-style-type: none"> • Drumstick leaves soup • Chickpeas curry • <i>Chapati</i> 	<ul style="list-style-type: none"> • Almond milk • Carrot and cucumber <i>kosambari/kosumalli</i> 	<ul style="list-style-type: none"> • Brinjal rice (<i>vangi bhaat</i>) with peas • Beans <i>palyal/poriyal</i> • Pumpkin <i>raita</i>
Sunday	<ul style="list-style-type: none"> • Fenugreek <i>dosa</i> • Mint chutney • Sweet lime juice 	Watermelon	<ul style="list-style-type: none"> • Sweet potato and shallots sambhar • Carrot <i>palyal/poriyal</i> • Pepper <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Glass of milk • Roasted corn (<i>bhutta</i>) 	<ul style="list-style-type: none"> • Ridge gourd chutney • Kidney beans curry • Finger millet (<i>ragi</i>) <i>dosa/chapati</i>

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