

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	<ul style="list-style-type: none"> <li>Vegetable vermicelli <i>upma</i></li> <li><b>Banana</b> milkshake</li> </ul>	Sapota	<ul style="list-style-type: none"> <li>Coconut rice</li> <li><b>Colocasia masala</b> dry</li> <li>Radish spring onion salad</li> </ul>	<ul style="list-style-type: none"> <li>Apple juice</li> <li><b>Peanuts</b> <i>sundal</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Black eyed peas</b> curry</li> <li>Curd</li> <li><i>Parotta</i></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li><i>Appam</i></li> <li>Vegetable stew</li> <li><b>Coffee</b></li> </ul>	Mango	<ul style="list-style-type: none"> <li><b>Sweet potato</b> and <b>peas sambhar</b></li> <li>Snake gourd <i>palyal/poriyal</i></li> <li><i>Rasam</i></li> <li><i>Chapati</i>/rice</li> </ul>	<ul style="list-style-type: none"> <li>Buttermilk (<i>moru/majjige</i>)</li> <li><b>Black gram</b> <i>vada</i></li> </ul>	<ul style="list-style-type: none"> <li>Pasta in <b>spinach</b> and tomato sauce</li> <li>Steamed <b>broccoli</b> and <b>green beans</b></li> </ul>
Wednesday	<ul style="list-style-type: none"> <li><i>Masala</i> <b>oats</b> porridge with mixed vegetables</li> <li>Coconut water</li> </ul>	Watermelon	<ul style="list-style-type: none"> <li><b>Mint</b> rice</li> <li>Bottle gourd and <b>yellow lentils</b> (<b>moong</b>) <i>dal</i></li> <li>Cucumber <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Almond</b> milk</li> <li>Mixed <b>sprouts</b></li> </ul>	<ul style="list-style-type: none"> <li>Mixed vegetable curry</li> <li><b>Finger millet</b> (<i>ragi</i>) <i>idiyappam</i></li> </ul>
Thursday	<ul style="list-style-type: none"> <li><b>Potato</b> and <b>peas</b> <i>masala</i></li> <li><i>Dosa</i></li> <li><b>Orange juice</b></li> </ul>	<b>Pomegranate</b>	<ul style="list-style-type: none"> <li>Radish <b>sambhar</b></li> <li><b>Beetroot</b> <i>palyal/poriyal</i></li> <li>Curd</li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Vermicelli <i>payasam</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Kidney beans</b> curry</li> <li><i>Rice</i></li> </ul>
Friday	<ul style="list-style-type: none"> <li><i>Chapati</i> with mashed <b>banana</b>, raisins and jaggery</li> <li>Watermelon juice</li> </ul>	<b>Walnuts</b> and dates	<ul style="list-style-type: none"> <li>Vegetable <i>pulao</i></li> <li><b>Pigeon peas</b> <i>dal</i> with <b>fenugreek</b> greens</li> <li>Tomato and onion <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>Mango juice</li> <li><b>Chickpeas</b> <i>sundal</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Oats</b> <i>idli</i> with vegetables</li> <li>Coconut chutney</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Tomato onion <i>uthappam</i></li> <li>Coconut chutney</li> <li>Ginger <b>tea</b></li> </ul>	Handful of raisins, dried apricot and <b>almonds</b>	<ul style="list-style-type: none"> <li>Stuffed ladies' finger</li> <li>Shallot <b>sambhar</b></li> <li>Rice</li> <li>Curd</li> </ul>	<ul style="list-style-type: none"> <li>Lemonade</li> <li>Puffed rice with <b>peanuts</b></li> </ul>	<ul style="list-style-type: none"> <li>Cottage cheese (<i>paneer</i>) <i>masala</i></li> <li>Carrot and cucumber salad</li> <li><i>Chapati</i></li> </ul>
Sunday	<ul style="list-style-type: none"> <li><b>Semolina</b> (<b>rava</b>) <i>idli</i> with mixed vegetables</li> <li>Tomato chutney</li> <li>Sapota milkshake</li> </ul>	Grapes	<ul style="list-style-type: none"> <li>Ash gourd buttermilk curry</li> <li>Raw <b>banana</b> <i>palyal/poriyal</i></li> <li>Pepper <i>rasam</i></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Tender coconut water</li> <li><b>Beetroot</b> <b>kosambari/ko sumalli</b></li> </ul>	<ul style="list-style-type: none"> <li>Mushroom <i>masala</i> <i>dosa</i></li> <li>Coriander coconut chutney</li> </ul>

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