

Foods rich in omega 3 fatty acids will help your baby's brain development. We've highlighted in brown foods that are rich in omega 3 fatty acids. Calcium and vitamin D help to grow strong bones and teeth. We've highlighted in blue foods that are rich in calcium.

Betacarotene is important for healthy skin and blood. We've highlighted in light orange foods that are rich in betacarotene. You'll need plenty of iron-rich foods to help your body make red blood cells for your growing baby. We've highlighted in green foods that contain iron

Throughout pregnancy, you need to limit your caffeine intake. We have highlighted in dark orange the foods containing caffeine.

Tip: Stay in direct sunlight for half an hour a day to boost your vitamin D levels. Vitamin D is important to absorb the calcium in your food.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	French toast     Banana (kela) milkshake	Mixed fruit chaat	Soya curry     Cottage cheese     capsicum (paneer     shimla mirch) sabzi     Flaxseed (alsi) roti	Lemonade (nimbu pani) Dhokla	<ul> <li>Mutton biryani</li> <li>Tomato onion (tamatar pyaaz) raita</li> <li>Mint (pudina) chutney</li> </ul>
Tuesday	Flattened rice with potato (aloo poha)     Buttermilk (chhaach)	Pomegranate (anaar)	<ul> <li>Spinach and corn (paalak makka) saag</li> <li>Beetroot (chukandar) salad</li> <li>Chapati/rice</li> </ul>	<ul> <li>Lassi</li> <li>Mixed nuts with raisins (kishmish)</li> </ul>	Chicken korma     Stuffed capsicum     (shimla mirch bharwa)     Parantha/rice
Wednesday	Cottage cheese (paneer) sandwich     Tea	Watermelon ( <i>tarbooj</i> )	Green gram (hari moong) dal Colocasia (arbi) dry Mint (pudina) raita Mixed flour (missi) roti	Carrot (gajar)     juice     Puffed rice     (murmura)	Fenugreek prawns (methi jhinga)     Snake gourd (chachinda) sabzi     Chapati/rice
Thursday	Sesame (til) toast with honey     Sweet lime (mausambi) juice	Apple ( <i>seb</i> )	Red lentil (masoor)     dal     Cabbage peas (patta     gobhi matar) sabzi     Curd (dahi)     Buckwheat (kuttu)     chapati	Jal jeera     Flattened rice     (poha) with     peas (matar)	Karahi chicken     Dum aloo     Radish (mooli) salad     Chapati/rice
Friday	<ul> <li>Salted wheat porridge (namkeen daliya) with vegetables</li> <li>Carrot (gajar) juice</li> </ul>	Strawberries	Mixed (milijhuli) dal     Cluster beans     (guarphali) sabzi     Pineapple (ananaas)     raita     Chapati/rice	Coconut water (nariyal pani) Baked sweet potato (shakarkhandi) chaat	<ul> <li>Fish in coconut milk</li> <li>Okra (bhindi)</li> <li>Roasted papad</li> <li>Rice</li> </ul>
Saturday	Grilled cheese sandwich     Coffee	Custard apple (sitaphal)	Fenugreek (methi)     chicken     Tomato carrot and     onion (tamatar gajar     pyaaz) salad     Chapati/rice	Almond     (badaam) milk     Steamed corn     (makka)	Black eyed peas     (lobhia) gravy     Vegetable pulao     Cucumber (kheera)     raita
Sunday	Radish ( <i>mooli</i> ) parantha     Curd ( <i>dahi</i> )	Mango ( <i>aam</i> )	Pigeon peas (arhar/toor) dal  Cabbage coconut (patta gobhi nariyal) sabzi  Cucumber (kheera) salad  Rice	Spiced     buttermilk     (chhaach)     Roasted     chickpeas     (chana)	Broccoli and peas     (hari gobhi matar)     soup     Lemon pomfret     (chandava) fish     Garlic bread

Note: Lentils (dal) are also a good source of iron.