

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: Don't drink tea or coffee with iron-rich food – tannins in them make it harder for your body to absorb iron.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Capsicum <i>uthappam</i> • Peanut chutney • Glass of Milk 	Sapota	<ul style="list-style-type: none"> • Chicken <i>biryani</i> • Brinjal gravy • Onion and tomato salad 	<ul style="list-style-type: none"> • Tender coconut water • Roasted walnuts 	<ul style="list-style-type: none"> • Bottle gourd and yellow lentils (<i>moong</i>) <i>dal</i> • Baby potatoes <i>masala</i> • <i>Chapati</i>
Tuesday	<ul style="list-style-type: none"> • Cauliflower and peas curry • <i>Poori</i> • Tea 	Figs	<ul style="list-style-type: none"> • Red lentils and spinach <i>dal</i> • Snake gourd <i>palyal/poriyal</i> • Rice 	<ul style="list-style-type: none"> • Mango juice • Sweet corn <i>sundal</i> 	<ul style="list-style-type: none"> • Mutton with fenugreek greens • Curd rice • Roasted <i>papad</i>
Wednesday	<ul style="list-style-type: none"> • Wholewheat toast with cheese • Orange juice 	Apple	<ul style="list-style-type: none"> • Black pomfret curry • Beans and grated coconut <i>palyal/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Milk • Black gram vada 	<ul style="list-style-type: none"> • Kidney beans curry • Cucumber <i>kosambari/kosumalli</i> • Rice
Thursday	<ul style="list-style-type: none"> • Flattened rice (<i>avall/avalakki</i>) with peanuts • Buttermilk (<i>morul/majjige</i>) 	Banana	<ul style="list-style-type: none"> • Mixed vegetables in coconut milk and yoghurt gravy (<i>avial</i>) • Sweet potato <i>masala</i> dry • Rice 	<ul style="list-style-type: none"> • Lemonade • Sesame and sweet potato cutlets 	<ul style="list-style-type: none"> • Drumstick <i>sambhar</i> • <i>Dosa</i>
Friday	<ul style="list-style-type: none"> • Mixed vegetables curry • <i>Chapati</i> • Tender coconut water 	Custard apple	<ul style="list-style-type: none"> • Mutton <i>pulao</i> • Onion <i>raita</i> 	<ul style="list-style-type: none"> • Lassi • Baked vegetable <i>samosa</i> 	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) <i>upma</i> with carrots beans and roasted peanuts • Curd
Saturday	<ul style="list-style-type: none"> • Vegetable omelette • Apple and dates milkshake 	Orange	<ul style="list-style-type: none"> • Carom seed gravy • Chicken 65 • Rice • Buttermilk (<i>morul/majjige</i>) 	<ul style="list-style-type: none"> • Sweet lime juice • Black chickpeas <i>sundal</i> 	<ul style="list-style-type: none"> • Potato and broccoli curry • Cucumber tomato and onion salad • <i>Chapati</i>
Sunday	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) <i>idli</i> • Coconut chutney • Coffee 	Mango	<ul style="list-style-type: none"> • Peas and minced meat curry • Pumpkin <i>palyal/poriyal</i> • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Almond milk • Vegetable cutlet 	<ul style="list-style-type: none"> • Vegetable <i>pulao</i> • Roasted capsicum <i>raita</i>

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