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: Go for a variety of different coloured fruit and vegetables to maximise your nutrient intake.

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	Breakfast	Snack	Lunch	Snack	Dinner
Monday	 Semolina (<i>rava</i>) <i>upma</i> with peas Cardamom tea 	Orange	 Pumpkin sambhar Prawn fry Pepper rasam Rice 	Mango milkshake	 Green gram dal with tomato Ridge gourd chutney Chapati
Tuesday	 Oats porridge with figs and walnuts Tender coconut water 	Apple	 Fish curry Bottle gourd palya/poriyal Rice 	Banana <mark>milkshake</mark>	 Kidney beans curry Parotta
Wednesday	 Vegetable omelette Wholewheat toast Glass of Milk 	Guava	 Turnip and shallots sambhar Drumstick greens palya/poriyal Curd Rice 	 Lemonade Walnuts with raisins 	 Crab masala curry Tomato and onion salad Chapati
Thursday	 Capsicum and onion uthappam Sweet lime juice 	Fruit salad	 Lemon rice Egg masala Pomegranate raita Roasted papad 	 Spiced buttermilk (moru/majjige) Sprouts sundal 	 Brinjal and black chickpeas curry Idiyappam
Friday	 Wholewheat flakes with milk Fresh fruit 	Handful of nuts	 Ladies' finger buttermilk curry Banana stem palya/poriyal Rasam Rice 	 Tender coconut water Almonds and dates 	 Spinach and minced meat curry Beetroot salad Chapati
Saturday	 Appam Coconut chutney Coffee 	Custard apple	 Fenugreek leaves and minced lamb kofta curry Mint coriander chutney Rice Curd 	Sweet potato halwa	 Mixed vegetables sambhar Finger millet (ragi) idli
Sunday	 Dosa made with whole green gram (pesarattu) with mint chutney Orange juice 	Banana	 Mutton biryani Brinjal curry Onion <i>raita</i> 	 Almond milk Peanuts sundal 	 Red lentils dal Potato and capsicum palya/poriyal Chapati