

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	<ul style="list-style-type: none"> • Finger millet (<i>ragi</i>) porridge • Apple juice 	Mango	<ul style="list-style-type: none"> • Chicken buttermilk curry • Green or raw banana <i>palyal/poriyal</i> • Rice 	<ul style="list-style-type: none"> • Orange juice • Mixed sprouts 	<ul style="list-style-type: none"> • Chickpeas curry • <i>Parotta</i>
Tuesday	<ul style="list-style-type: none"> • Stuffed cauliflower <i>dosa</i> • Coriander coconut chutney • Lemonade 	Banana	<ul style="list-style-type: none"> • Minced meat pulao • Beetroot and onion salad • Curd 	<ul style="list-style-type: none"> • Ginger tea • Steamed <i>masala</i> corn 	<ul style="list-style-type: none"> • Potato peas and cauliflower <i>masala</i> • Snake gourd <i>palyal/poriyal</i> • <i>Chapati</i>
Wednesday	<ul style="list-style-type: none"> • Carrot uthappam • Mint chutney • Glass of milk 	Orange	<ul style="list-style-type: none"> • Red lentils and spinach dal • Egg curry • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Lassi • Vegetable <i>samosa</i> 	<ul style="list-style-type: none"> • Tamarind rice • Cucumber <i>kosambari/kosumalli</i> • Curd
Thursday	<ul style="list-style-type: none"> • <i>Idli</i> • Sambhar with drumstick and ladies finger • Tender coconut water 	Handful of walnuts and dried apricot	<ul style="list-style-type: none"> • Cottage cheese (paneer) masala • Beans and carrot <i>palyal/poriyal</i> • <i>Chapati</i> 	<ul style="list-style-type: none"> • Lemonade • Black chickpeas sundal 	<ul style="list-style-type: none"> • Curd rice • Roasted <i>papad</i> • Mango chutney
Friday	<ul style="list-style-type: none"> • Wholewheat toast • Scrambled eggs • Orange juice 	Figs	<ul style="list-style-type: none"> • Chettinad chicken masala • Garlic <i>rasam</i> • <i>Ghee</i> rice 	<ul style="list-style-type: none"> • Sweet lime juice • Puffed rice with peanuts 	<ul style="list-style-type: none"> • Black eyed peas curry • <i>Chapati</i>
Saturday	<ul style="list-style-type: none"> • Flattened rice (aval/avalakki) with potato and peas • Lassi 	Sapota	<ul style="list-style-type: none"> • Ladies' finger and tomato curry • Bitter gourd <i>masala</i> • <i>Rasam</i> • Rice 	<ul style="list-style-type: none"> • Tender coconut water • Banana 	<ul style="list-style-type: none"> • Mutton curry • Onion raita • <i>Chapati</i>/rice
Sunday	<ul style="list-style-type: none"> • <i>Ven pongal</i> • Coconut chutney • Filter coffee 	Pomegranate	<ul style="list-style-type: none"> • Mixed vegetables sambhar • Bottle gourd <i>palyal/poriyal</i> • Cucumber salad • Curd • Rice 	<ul style="list-style-type: none"> • Buttermilk (moru/majjige) • Roasted nuts and dried apricot 	<ul style="list-style-type: none"> • Prawn masala with coriander leaves • Coconut rice

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