

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
<b>Monday</b>	<ul style="list-style-type: none"> <li>• <b>Sesame</b> potato (<i>til aloo</i>)</li> <li>• <b>Wholewheat toast</b></li> <li>• <b>Mango (aam) milkshake</b></li> </ul>	Grapes ( <i>angoor</i> )	<ul style="list-style-type: none"> <li>• <b>Mung bean (moong) dal</b></li> <li>• <b>Beans (beens) sabzi</b></li> <li>• <b>Curd (dahi)</b></li> <li>• Onion (<i>pyaaz</i>) <i>parantha</i></li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade (<i>nimbu pani</i>)</li> <li>• Corn (<i>makka</i>) <i>chaat</i></li> </ul>	<ul style="list-style-type: none"> <li>• Mixed vegetable <i>khichdi</i></li> <li>• <b>Mint (pudina) raita</b></li> <li>• Roasted <i>papad</i></li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• <b>Chickpea flour (besan) cheela</b></li> <li>• <b>Mint</b> coriander (<i>pudina dhaniya</i>) chutney</li> <li>• <b>Buttermilk (chhaach)</b></li> </ul>	Apple ( <i>seb</i> )	<ul style="list-style-type: none"> <li>• <b>Soya</b> curry</li> <li>• Ridge gourd (<i>tori</i>) <i>sabzi</i></li> <li>• Pomegranate (<i>anaar</i>) <i>raita</i></li> <li>• <i>Chapati</i>/rice</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut water (<i>nariyal pani</i>)</li> <li>• <b>Flattened rice (poha)</b> with mixed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Red lentil (masoor) dal</b></li> <li>• Round gourd (<i>tinda</i>) <i>sabzi</i></li> <li>• Radish and <b>carrot (mooli gajar)</b> salad</li> <li>• <b>Finger millet (ragi) roti</b></li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Broken <b>wheat</b> porridge (<i>daliya</i>) with <b>walnuts (akhrot)</b>, raisin (<i>kishmish</i>) and <b>milk</b></li> </ul>	Sapodilla ( <i>chikoo</i> )	<ul style="list-style-type: none"> <li>• Spicy <b>chickpeas (Pindi chhole)</b></li> <li>• Okra (<i>bhindi</i>) <i>sabzi</i></li> <li>• <b>Curd (dahi)</b></li> <li>• <i>Kulchal</i>/<i>pav</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mango (aam) panna</b></li> <li>• <b>Walnuts (akhrot)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom and <b>peas (khumb matar)</b> curry</li> <li>• Bitter gourd (<i>karela</i>) <i>sabzi</i></li> <li>• <i>Chapati</i>/rice</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• Grilled <b>cottage cheese (paneer)</b> sandwich</li> <li>• <b>Orange (santara) juice</b></li> </ul>	Watermelon ( <i>tarbooj</i> )	<ul style="list-style-type: none"> <li>• <b>Mixed (milijhuli) dal</b></li> <li>• Brinjal (<i>baingan bharta</i>) <i>sabzi</i></li> <li>• Cucumber (<i>kheera</i>) <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Jal jeera</i></li> <li>• <b>Carrot</b> and cucumber (<i>gajar kheera</i>) sticks</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Soya</b> chunks curry</li> <li>• <b>Fenugreek</b> and potato (<i>methi aloo</i>) <i>sabzi</i></li> <li>• <i>Chapati</i>/rice</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>• <b>Oats (jai) upma</b> with beans (<i>beens</i>) and <b>peanuts (moongphali)</b></li> <li>• Coconut water (<i>nariyal pani</i>)</li> </ul>	<b>Ripe papaya (papita)</b>	<ul style="list-style-type: none"> <li>• <b>Pigeon peas (arhar/toor) dal</b></li> <li>• Beetroot (<i>chukandar</i>) <i>sabzi</i></li> <li>• Onion (<i>pyaaz</i>) <i>raita</i></li> <li>• <i>Chapati</i>/rice</li> </ul>	<b>Sattu</b> drink	<ul style="list-style-type: none"> <li>• Bottle gourd (<i>lauki</i>) <i>kofta</i> curry</li> <li>• <b>Beans (beens) sabzi</b></li> <li>• <b>Mixed flour (missi) roti</b></li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>• Semolina (<i>rava</i>) <i>idli</i> with <b>carrot (gajar)</b></li> <li>• Coconut (<i>nariyal</i>) chutney</li> <li>• <b>Coffee</b></li> </ul>	Banana ( <i>kela</i> )	<ul style="list-style-type: none"> <li>• <b>Spinach</b> and <b>cottage cheese (paalak paneer)</b> curry</li> <li>• <b>Lotus stem (kamal kakri) sabzi</b></li> <li>• <i>Chapati</i>/rice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Almond (badaam) milk</b></li> <li>• Fox nut (<i>makhana</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Black eyed peas (lobhia)</b></li> <li>• <b>Pumpkin (kaddu) sabzi</b></li> <li>• <b>Curd (dahi)</b></li> <li>• <i>Chapati</i>/rice</li> </ul>
<b>Sunday</b>	<ul style="list-style-type: none"> <li>• <b>Fenugreek (methi) parantha</b></li> <li>• <b>Lassi</b></li> </ul>	Sweet lime ( <i>mausambi</i> ) juice	<ul style="list-style-type: none"> <li>• <b>Kidney beans (rajma)</b></li> <li>• Cauliflower and <b>peas (gobhi matar) sabzi</b></li> <li>• <b>Curd (dahi)</b></li> <li>• Cumin (<i>jeera</i>) rice</li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade (<i>nimbu pani</i>)</li> <li>• <b>Almonds (badaam), walnuts (akhrot)</b> and raisin (<i>kishmish</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mung bean (moong) dal</b></li> <li>• <b>Spring onion</b> and potato (<i>hari pyaaz aloo</i>) <i>sabzi</i></li> <li>• <i>Chapati</i>/rice</li> </ul>

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