

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"> • Dosa made with whole green gram (pesarattu) • Coconut chutney • Ginger tea 	Mixed fruit salad	<ul style="list-style-type: none"> • Cottage cheese (paneer) masala • Onion and tomato raita • Cumin rice 	<ul style="list-style-type: none"> • Orange juice • Roasted sweetcorn (<i>bhutta</i>) 	<ul style="list-style-type: none"> • Kidney beans curry • <i>Chapati</i>
Tuesday	<ul style="list-style-type: none"> • <i>Appam</i> • Vegetable stew • Pomegranate juice 	Orange	<ul style="list-style-type: none"> • Horse gram chutney • Red lentils and pumpkin dal • Curd • Rice 	<ul style="list-style-type: none"> • Lemonade • Puffed rice with peanuts 	<ul style="list-style-type: none"> • Sweet corn soup • Noodles with stir fry vegetables
Wednesday	<ul style="list-style-type: none"> • Finger millet (ragi) porridge • Mango milkshake 	Dates and raisins	<ul style="list-style-type: none"> • Mixed vegetable balls (<i>kofta</i>) curry • Snake gourd <i>palya/poriyal</i> • Buttermilk (moru/majjige) • <i>Chapati</i> 	<ul style="list-style-type: none"> • Grape juice • Split bengal gram vada 	<ul style="list-style-type: none"> • Chettinad mushroom <i>masala</i> • Carrot and beetroot salad • <i>Chapati</i>
Thursday	<ul style="list-style-type: none"> • Wholewheat toast with cheese • Sweet lime juice 	Apple	<ul style="list-style-type: none"> • Pumpkin sambhar • Green or raw banana <i>palya/poriyal</i> • Cucumber <i>kosambari/kosumalli</i> • Rice 	<ul style="list-style-type: none"> • Spiced Buttermilk (moru/majjige) • Wheat biscuits 	<ul style="list-style-type: none"> • Broccoli and potato curry • Curd • <i>Parotta</i>
Friday	<ul style="list-style-type: none"> • <i>Masala dosa</i> • Curry leaves chutney • Coffee 	Grapes	<ul style="list-style-type: none"> • Fenugreek greens rice • Crispy potatoes • Bottle gourd <i>raita</i> 	<ul style="list-style-type: none"> • Tender coconut water • Walnuts, almonds and raisins 	<ul style="list-style-type: none"> • Broken wheat (samba rava) upma with vegetables • Curd rice
Saturday	<ul style="list-style-type: none"> • Soya chunks and capsicum curry • <i>Chapati</i> • Watermelon juice 	Muskmelon	<ul style="list-style-type: none"> • Stuffed ladies' finger • Shallot <i>sambhar</i> • Curd • Rice 	Mango milkshake	<ul style="list-style-type: none"> • Brinjal and black chickpeas curry • Finger millet (ragi) idiyappam
Sunday	<ul style="list-style-type: none"> • Oats porridge with fruits and nuts • Sapota milkshake 	Guava	<ul style="list-style-type: none"> • Soya chunks (meal maker) <i>pulao</i> • Cauliflower and capsicum <i>palya/poriyal</i> • Cucumber and onion <i>raita</i> 	<ul style="list-style-type: none"> • Almond milk • Peas and raw mango sundal 	<ul style="list-style-type: none"> • <i>Idli</i> • Vegetable stew • Green gram sprouts sundal

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