

In your first trimester, you need to eat **folate-rich foods** as well as take a folic acid supplement. We've highlighted in **light orange** foods that are rich in **folic acid**. You'll need plenty of **iron-rich foods** as well to help your body make red blood cells for your growing baby. We've highlighted in **green** foods that contain **iron**.

If you're feeling nauseous, foods rich in **vitamin B6** may help with morning sickness. We've highlighted in **brown** foods that are rich in **vitamin B6**. Throughout pregnancy, you need to limit your **caffeine** intake as it can pass on to your baby. We have highlighted in **dark orange** the foods containing **caffeine**.

Tip: Keep dry crackers near your bed to nibble on before getting up if you feel nauseous in the morning.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Onion tomato (pyaaz tamatar) omelette Wholewheat toast Glass of milk	Custard apple (sitaphal)	 Bottlegourd (<i>lauki</i>) kofta curry Okra (<i>bhindi</i>) sabzi Pearl millet (<i>bajra</i>) roti 	 Lassi Apple (seb) and walnut (akhrot) chaat 	Minced meat and peas (keema matar) curry Cumin (jeera) raita Chapati/rice
Tuesday	Sprouts parantha Buttermilk (chhaach)	Guava (<i>amrud</i>)	 Kadhi Potato (aloo) sabzi Rice	• <i>Sattu</i> drink	 Chicken do pyaaza Cucumber and carrot (kheera gajar) salad Fenugreek (methi) roti
Wednesday	Tomato and cucumber (tamatar kheera) sandwich Cold coffee	Grapes (angoor)	 Red lentils (masoor) dal Fenugreek and potato (methi aloo) sabzi Curd (dahi) Chapati/rice 	• Banana (<i>kela</i>) milkshake	 Fish in mustard (sarson) curry Beans (beens) sabzi Chapati/rice
Thursday	Sago peanut (sabudana moongphali) upma Almond (badaam) milk	Sapodilla (<i>chikoo</i>)	Chickpeas (chhole) curry Cumin (jeera) rice Pomegranate (anaar) raita	Buttermilk (chhaach) Dhokla	Chicken and spinach (paalak) soup Garlic bread
Friday	Scrambled eggs Wholewheat toast Lassi	Pineapple (ananaas)	Black gram (urad) dal Lotus stem (kamal kakri) sabzi Chapati/rice	 Indian gooseberry (amla) juice Steamed sprouts with tomato and onion (tamatar pyaaz) 	Mutton biryani Beetroot and radish (chukandar mooli) salad Mint (pudina) raita
Saturday	Idli with sambhar Coconut (nariyal) chutney Ginger tea	Mixed fruit salad	 Mushroom and peas (khumb matar) curry Bitter gourd (karela) sabzi Finger millet (ragi) roti 	Coconut water (nariyal pani) Puffed rice (murmura) with peanuts (moongphali)	 Egg curry Colocasia (arbi) sabzi Chapati/rice
Sunday	Cottage cheese (paneer) parantha Mango (aam) milkshake	Banana (<i>kela</i>)	 Tandoori chicken Cauliflower and potato (gobhi aloo) sabzi Curd (dahi) Chapati/rice 	Jal jeera Roasted chickpeas (chana)	Peas (<i>matar</i>) pulao Onion and coriander (pyaaz dhaniya) raita

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