

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: Eating smaller and more frequent meals or snacks can ease nausea.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> Vermicelli <i>upma</i> with carrots, beans and peanuts Coffee 	Banana	<ul style="list-style-type: none"> Turnip and shallots sambhar Capsicum and onion <i>palya/poriyal</i> Rice 	<ul style="list-style-type: none"> Almond milk Chickpeas with onion and tomato 	<ul style="list-style-type: none"> Prawn masala with coriander leaves Coconut rice
Tuesday	<ul style="list-style-type: none"> Wholewheat toast Scrambled eggs Lemonade 	Mango	<ul style="list-style-type: none"> Mutton biryani Brinjal curry Onion <i>raita</i> 	<ul style="list-style-type: none"> Pomegranate juice Puffed rice with peanuts 	<ul style="list-style-type: none"> Pigeon peas dal with banana stem and drumstick Ladies' finger <i>palya/poriyal</i> <i>Chapati</i>
Wednesday	<ul style="list-style-type: none"> <i>Idli</i> Radish sambhar Tender coconut water 	Watermelon	<ul style="list-style-type: none"> Chettinad chicken masala Carrot and cucumber salad Fried rice/<i>chapati</i> 	<ul style="list-style-type: none"> Milk Roasted nuts 	<ul style="list-style-type: none"> Semolina (rava) <i>upma</i> with vegetables Curd
Thursday	<ul style="list-style-type: none"> Flattened rice (aval/avalakki) with peas Almond milk 	Handful of walnuts and raisins	<ul style="list-style-type: none"> Minced meat pulao Potato masala dry Garlic <i>rasam</i> Beetroot onion salad 	<ul style="list-style-type: none"> Buttermilk (<i>moru/majjige</i>) Vegetable <i>samosa</i> 	<ul style="list-style-type: none"> Vegetable <i>kothu parotta</i> Mango pickle Onion <i>raita</i>
Friday	<ul style="list-style-type: none"> Finger millet (ragi) porridge Orange juice 	Pomegranate	<ul style="list-style-type: none"> Red lentils and tomato <i>dal</i> Ivy gourd <i>palya/poriyal</i> Rice 	<ul style="list-style-type: none"> Sweet lime juice Dates, apricots and raisins 	<ul style="list-style-type: none"> Mutton curry <i>Chapati</i>/rice
Saturday	<ul style="list-style-type: none"> Sweet <i>pongal</i> Tender coconut water 	Apple	<ul style="list-style-type: none"> Ginger chicken curry Pepper <i>rasam</i> Buttermilk (<i>moru/majjige</i>) Rice 	<ul style="list-style-type: none"> Buttermilk (<i>moru/majjige</i>) Oat biscuits 	<ul style="list-style-type: none"> Black eyed peas and spinach dal Beetroot kosambari/kosumali <i>Chapati</i>
Sunday	<ul style="list-style-type: none"> Stuffed mushroom <i>dosa</i> Coconut chutney Coffee 	Guava	<ul style="list-style-type: none"> Soya nuggets (meal maker) and potato curry Turnip <i>palya/poriyal</i> <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Lemonade Sweet corn <i>sundal</i> 	<ul style="list-style-type: none"> Potato peas and broccoli curry Fried fish <i>Parotta</i>

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