

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 you get up if you feel nauseous in the morning.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Amaranth porridge (<i>ramdana daliya</i>) with watermelon (<i>tarbooj</i>) seeds • Coconut (<i>nariyal</i>) water 	Sapodilla (<i>chikoo</i>)	<ul style="list-style-type: none"> • Soya and potato (<i>aloo</i>) curry • Okra (<i>bhindi</i>) <i>sabzi</i> • Curd (<i>dahi</i>) • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Lemonade (<i>nimbu pani</i>) • Mixed nuts and raisins (<i>kishmish</i>) 	<ul style="list-style-type: none"> • Mung bean (<i>moong</i>) <i>dal</i> • Colocasia and fenugreek (<i>arbi methi</i>) <i>sabzi</i> • <i>Chapati</i>/rice
Tuesday	<ul style="list-style-type: none"> • Green gram (<i>hari moong</i>) sprouts <i>parantha</i> • Buttermilk (<i>chhaach</i>) 	Banana (<i>kela</i>)	<ul style="list-style-type: none"> • Spinach and corn (<i>paalak makka</i>) curry • Potato and cauliflower (<i>aloo gobhi</i>) <i>sabzi</i> • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • <i>Jal jeera</i> • <i>Revri</i> 	<ul style="list-style-type: none"> • Peas and mint (<i>matar pudina</i>) soup • Pasta with tomato (<i>tamatar</i>) sauce
Wednesday	<ul style="list-style-type: none"> • Sautéed mushrooms (<i>khumb</i>) • Wholewheat toast • Banana (<i>kela</i>) milkshake 	Papaya (<i>papita</i>)	<ul style="list-style-type: none"> • Mixed (<i>milijhuli</i>) <i>dal</i> • Carrot and peas (<i>gajar matar</i>) <i>sabzi</i> • Curd (<i>dahi</i>) • Pearl millet (<i>bajra</i>) <i>roti</i> 	<ul style="list-style-type: none"> • Mango (<i>aam</i>) <i>panna</i> • Roasted peanuts (<i>moongphali</i>) 	<ul style="list-style-type: none"> • <i>Kadhi</i> • Cumin and potato (<i>jeera aloo</i>) <i>sabzi</i> • <i>Chapati</i>/rice
Thursday	<ul style="list-style-type: none"> • Tomato and cucumber (<i>tamatar kheera</i>) sandwich with mint (<i>pudina</i>) chutney • Pineapple (<i>ananaas</i>) juice 	Apple (<i>seb</i>)	<ul style="list-style-type: none"> • Black gram (<i>urad</i>) <i>dal</i> • Brinjal (<i>baingan</i>) <i>bharta</i> • Curd (<i>dahi</i>) • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Coconut water (<i>nariyal pani</i>) • Roasted chickpeas (<i>chana</i>) 	<ul style="list-style-type: none"> • Spinach and cottage cheese (<i>paalak paneer</i>) • Crispy lotus stem (<i>kamal kakri</i>) • Sorghum (<i>jowar</i>) flour <i>roti</i>
Friday	<ul style="list-style-type: none"> • Semolina (<i>suji</i>) <i>cheela</i> with mixed vegetables • Tea 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> • Red lentil (<i>masoor</i>) <i>dal</i> • Fenugreek and potato (<i>methi aloo</i>) <i>sabzi</i> • Beetroot (<i>chukandar</i>) salad • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Indian gooseberry (<i>amla</i>) juice • Steamed green gram (<i>hari moong</i>) sprouts 	<ul style="list-style-type: none"> • Kidney beans (<i>rajma</i>) • Bitter gourd (<i>karela</i>) <i>sabzi</i> • Curd (<i>dahi</i>) • <i>Chapati</i>/rice
Saturday	<ul style="list-style-type: none"> • Sago peanut (<i>sabudana moongphali</i>) <i>upma</i> • Sweet lime (<i>mausambi</i>) juice 	Grapes (<i>angoor</i>)	<ul style="list-style-type: none"> • Mustard greens (<i>sarson ka saag</i>) • Jaggery (<i>gur</i>) and curd (<i>dahi</i>) • Mixed flour (<i>missi</i>) <i>roti</i> 	<ul style="list-style-type: none"> • <i>Lassi</i> • Roasted corn (<i>bhutta</i>) 	<ul style="list-style-type: none"> • Horse gram (<i>kala chana</i>) curry • Capsicum and cauliflower (<i>shimla mirch gobhi</i>) <i>sabzi</i> • Finger millet (<i>ragi</i>) <i>roti</i>
Sunday	<ul style="list-style-type: none"> • <i>Masala dosa</i> with sambhar • Coconut (<i>nariyal</i>) chutney • Ginger tea 	Mango (<i>aam</i>)	<ul style="list-style-type: none"> • Vegetable <i>khichdi</i> • Onion and mint (<i>pyaaz pudina</i>) <i>raita</i> • Roasted <i>papad</i> 	<ul style="list-style-type: none"> • Pomegranate (<i>anaar</i>) juice • Oats (<i>jai</i>) <i>upma</i> 	<ul style="list-style-type: none"> • Peas and potato (<i>matar aloo</i>) curry • Pumpkin (<i>kaddu</i>) <i>sabzi</i> • <i>Poori</i>

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