

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: Drink orange juice or lemonade with iron-rich fruit or vegetables to help your body absorb the iron.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • <i>Idiyappam</i> • Mixed vegetables curry • Coffee 	Banana milkshake	<ul style="list-style-type: none"> • Red lentils <i>dal</i> with spinach • Ash gourd and peanuts curry • Rice • Curd 	<ul style="list-style-type: none"> • Mango juice • Sweet corn <i>sundal</i> 	<ul style="list-style-type: none"> • Mushroom and peas curry • <i>Chapati</i>
Tuesday	<ul style="list-style-type: none"> • Broken wheat (<i>samba rava</i>) <i>upma</i> with vegetables • Pineapple juice 	Muskmelon	<ul style="list-style-type: none"> • Green gram <i>dal</i> • Beans and carrot <i>palya/poriyal</i> • Lemon <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Buttermilk (<i>moru/majjige</i>) • Steamed peanuts onion and tomato salad 	<ul style="list-style-type: none"> • Stuffed potato and capsicum <i>dosa</i> • Mint chutney
Wednesday	<ul style="list-style-type: none"> • <i>Ven pongal</i> • Coconut chutney • Sapota milkshake 	Mango	<ul style="list-style-type: none"> • Vegetable <i>biryani</i> with soya chunks (meal maker) • Potato chips • Onion <i>raita</i> 	<ul style="list-style-type: none"> • Almond milk • Wheat rusk 	<ul style="list-style-type: none"> • Kidney beans curry • <i>Parotta</i>
Thursday	<ul style="list-style-type: none"> • Oats porridge with walnuts and dates • Pineapple juice 	Figs and almonds	<ul style="list-style-type: none"> • Ladies' finger sambhar • Bitter gourd <i>masala dry</i> • Rice 	<ul style="list-style-type: none"> • Tender coconut water • Cucumber kosambari ko sumalli 	<ul style="list-style-type: none"> • Mixed vegetable noodles • Cauliflower <i>manchurian</i>
Friday	<ul style="list-style-type: none"> • Wholewheat <i>masala</i> vegetable toast • Orange juice 	Papaya	<ul style="list-style-type: none"> • Cottage cheese (<i>paneer</i>) and peas <i>masala</i> • Snake gourd <i>palya/poriyal</i> • <i>Chapati</i> 	<ul style="list-style-type: none"> • Sweet lime juice • Walnuts and raisins 	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) <i>upma</i> with vegetables • Curd rice
Saturday	<ul style="list-style-type: none"> • Finger millet (<i>ragi</i>) porridge • Apple juice 	Pomegranate	<ul style="list-style-type: none"> • Pumpkin sambhar • Colocasia <i>masala dry</i> • Pineapple <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Sago (<i>sabudana/javv arisi</i>) <i>payasam</i> 	<ul style="list-style-type: none"> • Brinjal and black chickpeas curry • Curd • <i>Chapati</i>
Sunday	<ul style="list-style-type: none"> • Whole green gram <i>dosa</i> (<i>pesarattu</i>) • Mint chutney • Tea 	Apple and mixed nuts salad	<ul style="list-style-type: none"> • Mixed sprouts <i>pulao</i> • Crispy potatoes • Cucumber and onion <i>raita</i> 	<ul style="list-style-type: none"> • Sapota milkshake • Puffed rice with peanuts 	<ul style="list-style-type: none"> • Soya chunks (meal maker) curry • Carrot and beetroot salad • <i>Chapati</i>

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