

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: Go for a variety of different coloured fruit and vegetables to maximise your nutrient intake.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> Cucumber and tomato (<i>kheera tamatar</i>) sandwiches Almond (<i>badaam</i>) milk 	Pomegranate (<i>anaar</i>)	<ul style="list-style-type: none"> Kadhi Mint potato (<i>puudina aloo</i>) sabzi Rice 	<ul style="list-style-type: none"> <i>Jal jeera</i> Corn (<i>makka</i>) chaat 	<ul style="list-style-type: none"> Butter chicken Okra (<i>bhindi</i>) sabzi Onion (<i>pyaaz</i>) parantha
Tuesday	<ul style="list-style-type: none"> Oats porridge (<i>jai daliya</i>) with figs (<i>anjeer</i>) and milk 	Guava (<i>amrud</i>)	<ul style="list-style-type: none"> Red lentil (<i>masoor</i>) dal Round gourd (<i>tinda</i>) sabzi Onion (<i>pyaaz</i>) raita <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Tomato carrot (<i>tamatar gajar</i>) juice <i>Bhelpuri</i> 	<ul style="list-style-type: none"> Fish with dried fenugreek leaves (<i>kasoori methi</i>) Ridge gourd (<i>tori</i>) sabzi Rice
Wednesday	<ul style="list-style-type: none"> Chickpea flour (<i>besan</i>) <i>cheela</i> Green mango (<i>kacha aam</i>) chutney Tea 	Pineapple (<i>ananaas</i>)	<ul style="list-style-type: none"> Black-eyed pea (<i>lobhia</i>) dal Cottage cheese capsicum (<i>paneer shimla mirch</i>) sabzi <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Lemonade (<i>nimbu pani</i>) Revri 	<ul style="list-style-type: none"> Curd (<i>dahi</i>) rice Sambhar Drumstick potato (<i>shingphali aloo</i>) sabzi Roasted <i>papad</i>
Thursday	<ul style="list-style-type: none"> Sago peanut (<i>sabudana moongphali</i>) upma Coconut water (<i>nariyal pani</i>) 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> Vegetable <i>biryani</i> Onion tomato (<i>pyaaz tamatar</i>) raita Roasted <i>papad</i> 	<ul style="list-style-type: none"> Lassi <i>Dhokla</i> 	<ul style="list-style-type: none"> Fish <i>tikka</i> Mung bean (<i>moong</i>) dal Radish and cucumber (<i>mooli kheera</i>) salad Buckwheat (<i>kuttu</i>) <i>chapati</i>
Friday	<ul style="list-style-type: none"> Tomato (<i>tamatar</i>) and cottage cheese (<i>paneer</i>) sandwich Grape (<i>angoor</i>) juice 	Papaya (<i>papita</i>)	<ul style="list-style-type: none"> Horse gram (<i>kala chana</i>) dal Fenugreek potato (<i>methi aloo</i>) sabzi Onion (<i>pyaaz</i>) stuffed <i>roti</i> 	<ul style="list-style-type: none"> Mango (<i>aam</i>) <i>panna</i> Handful of nuts 	<ul style="list-style-type: none"> Chicken curry Pointed gourd (<i>parwal</i>) sabzi Curd (<i>dahi</i>) <i>Chapati</i>/rice
Saturday	<ul style="list-style-type: none"> Wholewheat toast Scrambled egg Lassi 	Cherry	<ul style="list-style-type: none"> Soya and pea (<i>soya matar</i>) curry Pumpkin (<i>kaddu</i>) sabzi <i>Chapati</i>/rice 	<ul style="list-style-type: none"> Rose milk Semolina (<i>suji</i>) rusk 	<ul style="list-style-type: none"> Lemon coriander (<i>nimbu dhaniya</i>) soup Stir fry broccoli and mushroom (<i>hari gobhi khumb</i>) Garlic sesame (<i>lehsun til</i>) chicken
Sunday	<ul style="list-style-type: none"> Wholewheat cereal with banana (<i>kela</i>) and milk Wood apple (<i>bael</i>) <i>sharbat</i> 	Apple (<i>seb</i>)	<ul style="list-style-type: none"> Mince meat (<i>keema</i>) <i>parantha</i> Green mango (<i>kacha aam</i>) chutney Cucumber (<i>kheera</i>) raita 	<ul style="list-style-type: none"> Buttermilk (<i>chhaach</i>) <i>Upma</i> 	<ul style="list-style-type: none"> Vegetable <i>khichdi</i> Curd (<i>dahi</i>)

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