

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"> • Cottage cheese (paneer) bhurji • Wholewheat toast • Mango (aam) milkshake 	Sapodilla (<i>chikoo</i>)	<ul style="list-style-type: none"> • Pigeon peas (arhar/toor) dal • Beans coconut (<i>beens nariyal</i>) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Tea • Carrot and cucumber (<i>gajar kheera</i>) sticks 	<ul style="list-style-type: none"> • Soya and peas (matar) curry • Fenugreek colocasia (<i>methi arbi</i>) sabzi • Chapati/rice
Tuesday	<ul style="list-style-type: none"> • Idli • Sambhar • Buttermilk (chhaach) 	Pear (<i>nashpati</i>)	<ul style="list-style-type: none"> • Chickpea (chhole) curry • Snake gourd (<i>chachinda</i>) sabzi • Onion and cucumber (<i>pyaaz kheera</i>) raita • Chapati/rice 	<ul style="list-style-type: none"> • Lemonade (<i>nimbu pani</i>) • Walnuts and raisins (<i>akhrot kishmish</i>) 	<ul style="list-style-type: none"> • Red lentil (masoor) dal • Brinjal (<i>baingan</i>) bharta • Carrot and tomato (gajar tamatar) salad • Pearl millet (bajra) roti
Wednesday	<ul style="list-style-type: none"> • Wheat porridge (<i>daliya</i>) with nuts and milk 	Custard apple (<i>sitaphal</i>)	<ul style="list-style-type: none"> • Black-eyed peas (lobhia) curry • Beetroot (<i>chukandar</i>) sabzi • Cumin (<i>jeera</i>) rice • Curd (dahi) 	<ul style="list-style-type: none"> • Lassi • Khandavi 	<ul style="list-style-type: none"> • Mung bean (moong) dal • Cabbage (<i>patta gobhi</i>) sabzi • Chapati/rice
Thursday	<ul style="list-style-type: none"> • Flattened rice (poha) with mixed vegetables • Glass of milk 	Pomegranate (<i>anaar</i>)	<ul style="list-style-type: none"> • Raw banana (<i>kacha kela</i>) kofta curry • Runner beans (sem) sabzi • Cucumber (<i>kheera</i>) raita • Chapati/rice 	<ul style="list-style-type: none"> • Mango (aam) panna • Peanut (moongphali) chaat 	<ul style="list-style-type: none"> • Cottage cheese (paneer) parantha • Green mango (kacha aam) chutney
Friday	<ul style="list-style-type: none"> • Oats (jai) masala upma • Orange (santara) juice 	Papaya (papita)	<ul style="list-style-type: none"> • Horse gram (kala chana) dal • Thepla • Curd (dahi) 	<ul style="list-style-type: none"> • Buttermilk (chhaach) • Roasted nuts 	<ul style="list-style-type: none"> • Spinach and corn (<i>paalak makka</i>) curry • Beans and carrot (beens gajar) sabzi • Chapati/rice
Saturday	<ul style="list-style-type: none"> • Tomato (tamatar) cheese sandwich • Coffee 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> • Besan (gatta) curry • Fenugreek and potato (<i>methi aloo</i>) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Pomegranate (<i>anaar</i>) juice • Baked sweet potato (shakarkandi) chaat 	<ul style="list-style-type: none"> • Vegetable pulao • Sprouts raita • Mango (aam) chutney
Sunday	<ul style="list-style-type: none"> • Mixed vegetable roti wrap • Coconut water (<i>nariyal pani</i>) 	Almond (badaam) milk	<ul style="list-style-type: none"> • Kadhi • Potato sesame (aloo til) sabzi • Rice 	<ul style="list-style-type: none"> • Jal jeera • Mixed vegetable cutlet 	<ul style="list-style-type: none"> • Kidney beans (rajma) curry • Bitter gourd (<i>karela</i>) sabzi • Curd (dahi) • Chapati/rice

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