

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:** Don't drink tea or coffee with iron-rich food – tannins in them make it harder for your body to absorb iron.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>Mixed vegetables curry</li> <li>Poori</li> <li>Apple juice</li> </ul>	Banana <b>mango</b> jackfruit salad	<ul style="list-style-type: none"> <li><b>Soya</b> chunks (meal maker) pulao</li> <li><b>Sweet potato</b> masala dry</li> <li>Onion <b>raita</b></li> </ul>	<ul style="list-style-type: none"> <li>Mixed fruit juice</li> <li><b>Peas</b> and raw <b>mango</b> sundal</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable <i>kothu parotta</i></li> <li>Lemon pickle</li> <li><b>Curd</b></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li><b>Wholewheat</b> toast with <b>cheese</b></li> <li>Watermelon juice</li> </ul>	Mixed <b>nuts</b>	<ul style="list-style-type: none"> <li><b>Fenugreek split bengal gram dal</b></li> <li>Stuffed ladies' finger</li> <li><b>Curd</b></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li><b>Orange</b> juice</li> <li>Puffed rice with <b>peanuts</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Broccoli</b> potato dosa</li> <li><b>Mint</b> chutney</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li><i>Ven pongal</i></li> <li>Coconut chutney</li> <li><b>Coffee</b></li> </ul>	Muskmelon	<ul style="list-style-type: none"> <li><b>Red lentils dal</b> with <b>spinach</b></li> <li><b>Beans palya/poriyal</b></li> <li><i>Rasam</i></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li><b>Split green gram payasam</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Kidney beans</b> curry</li> <li>Rice</li> <li><b>Curd</b></li> </ul>
Thursday	<ul style="list-style-type: none"> <li><b>Broken wheat (samba rava) upma</b> with <b>beans</b> and <b>peas</b></li> <li>Banana <b>milkshake</b></li> </ul>	Apple and <b>walnuts</b> salad	<ul style="list-style-type: none"> <li><b>Fenugreek greens sambhar</b></li> <li>Baby potatoes <i>masala dry</i></li> <li>Lemon <i>rasam</i></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li><b>Tea</b></li> <li>Green or unripe banana <i>bajji</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Finger millet (ragi) idli</b></li> <li>Coriander coconut chutney</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Capsicum and onion <i>uthappam</i></li> <li><b>Mint</b> and <b>peanut</b> chutney</li> <li><b>Tomato</b> juice</li> </ul>	Sapota	<ul style="list-style-type: none"> <li><b>Pumpkin sambhar</b></li> <li>Snake gourd <i>palya/poriyal</i></li> <li><b>Curd</b></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Tender coconut water</li> <li>Baked <b>sweet potato</b> with <b>sesame</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Cottage cheese (paneer)</b> and <b>spinach</b> curry</li> <li>Onion and cucumber <b>raita</b></li> <li><i>Chapati</i></li> </ul>
Saturday	<ul style="list-style-type: none"> <li><i>Masala</i> vegetable toast</li> <li><b>Mango milkshake</b></li> </ul>	<b>Sprouts</b> sundal	<ul style="list-style-type: none"> <li><b>Black eyed peas</b> curry</li> <li><b>Carrot</b> and cucumber salad</li> <li><b>Buttermilk (moru/majjige)</b></li> <li><i>Chapati</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Almond milk</b></li> <li><b>Wheat</b> biscuits</li> </ul>	<ul style="list-style-type: none"> <li>Brinjal and <b>black chickpeas</b> curry</li> <li>Onion <b>tomato</b> chutney</li> <li><b>Finger millet (ragi) idiyappam</b></li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Wheat dosa</li> <li><b>Tomato</b> and onion chutney</li> <li>Sweet lime juice</li> </ul>	Grapes	<ul style="list-style-type: none"> <li><b>Drumstick sambhar</b></li> <li>Capsicum and onion <i>palya/poriyal</i></li> <li>Pepper <i>rasam</i></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Lemonade</li> <li>Boiled <i>masala</i> corn</li> </ul>	<ul style="list-style-type: none"> <li>Mixed vegetables in coconut and <b>yoghurt</b> gravy (<i>avial</i>)</li> <li><b>Mixed lentils</b> and rice dosa (<i>ada</i>)</li> </ul>

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