

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"> Onion <i>uthappam</i> Coconut chutney Papaya juice 	Sapota milkshake	<ul style="list-style-type: none"> Mixed vegetables in coconut and yoghurt gravy (<i>avial</i>) Colocasia <i>palya/poriyal</i> Rice 	<ul style="list-style-type: none"> Orange juice Black chickpeas <i>sundal</i> 	<ul style="list-style-type: none"> Stuffed capsicum and potato wheat <i>dosa</i> Tomato chutney
Tuesday	<ul style="list-style-type: none"> Oats porridge with dates and nuts Banana milkshake 	Apple and walnut salad	<ul style="list-style-type: none"> Cumin rice Pigeon peas and fenugreek greens <i>dal</i> Cucumber salad 	<ul style="list-style-type: none"> Coffee <i>Masala vada</i> 	<ul style="list-style-type: none"> Mixed vegetable soup Wholewheat toast
Wednesday	<ul style="list-style-type: none"> <i>Masala dosa</i> Mint chutney Pineapple juice 	Mango	<ul style="list-style-type: none"> Lemon rice Crispy potatoes Pumpkin <i>raita</i> 	<ul style="list-style-type: none"> Lemonade Puffed rice with peanuts 	<ul style="list-style-type: none"> Drumstick and shallot <i>sambhar</i> <i>Idli</i>
Thursday	<ul style="list-style-type: none"> Flattened rice (<i>aval/avalakki</i>) with potato and peanuts Orange juice 	Handful of almonds , raisins, and dried apricot	<ul style="list-style-type: none"> Mushroom and peas curry Drumstick greens <i>palya/poriyal</i> Buttermilk (<i>moru/majjige</i>) <i>Chapati</i>/rice 	Beetroot <i>halwa</i>	<ul style="list-style-type: none"> Yellow lentils (<i>moong</i>) <i>dal</i> Sesame and sweet potato cutlets <i>Chapati</i>
Friday	<ul style="list-style-type: none"> Wheat <i>dosa</i> Coriander chutney Apple juice 	Watermelon	<ul style="list-style-type: none"> Cottage cheese (<i>paneer</i>) butter <i>masala</i> Beetroot salad <i>Chapati</i> 	<ul style="list-style-type: none"> Tender coconut water Carrot and cucumber <i>kosambaril kosumalli</i> 	<ul style="list-style-type: none"> Coriander rice Tomato and onion <i>raita</i> Roasted <i>papad</i>
Saturday	<ul style="list-style-type: none"> Semolina (<i>rava</i>) <i>upma</i> with beans and carrot Sweet lime juice 	Figs	<ul style="list-style-type: none"> Soya chunks (meal maker) <i>pulao</i> Cucumber and onion <i>raita</i> Pineapple <i>rasam</i> 	<ul style="list-style-type: none"> Almond milk <i>Bhelpuri</i> 	<ul style="list-style-type: none"> Chickpeas and spinach curry <i>Chapati</i>
Sunday	<ul style="list-style-type: none"> <i>Ven pongal</i> Coconut chutney Coffee 	Banana	<ul style="list-style-type: none"> Red lentils and fenugreek greens <i>dal</i> Turnip <i>palya/poriyal</i> Curd Rice 	<ul style="list-style-type: none"> Buttermilk Sweetcorn <i>sundal</i> 	<ul style="list-style-type: none"> Mixed vegetable curry <i>Parotta</i>

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