**MOM-SAMPLE DIET PLAN-TRIMESTER 1**

Name-Madhuri I Weight-88kg I Date-15april2025 I 1st trimester

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| **Meal Timings** | **Meal** | **Menu** | **Measurements** |
| **7-7:30 AM** | On waking up | 1 glass of ginger lemon water  4-5 soaked almonds+ 2-3 soaked black raisins +2 soaked walnuts | One glass around 250ml |
| **8:30 AM** | Meal 1  Breakfast | Ragi cheela(add vegetables and buttermilk ) with pudina/ coconut peanut chutney  **OR**  Whole green gram cheela with mint chutney and spinach sambar/Fenugreek/potato and peas dosa with mint coriander chutney and sambar  **OR**  Onion tomato egg omelet/ scrambled egg bhurjhi with methi chapati  **OR**  Vermicelli upma/Poha with peanuts (add 1/2 cup veggies)  +  Curd/ buttermilk  **OR**  Green gram sprouts paratha with buttermilk/ lassi    **\*All made with less oil & on a non-stick pan**  Milk (30mins post breakfast) | 2 nos  2-3 no. + 1 cup  1 whole egg, 2 egg whites, + 2 nos  1 cup  1 cup/ 1 glass  2 nos + 1 cup  1 cup |
| **10:30-11 AM** | Mid morning | Fruit (Seasonal)  +  Coconut water/ lemon water (without sugar)/ sweet lime juice | 1 portion  1 cup |
| **1-1:30 PM** | Meal 2  Lunch | Salad (cucumber, tomato, carrot)  +  Rice/ veg pulao/ methi rice/ rotis (use ragi/ jowar/ bajra)  +  Vegetable(dark green leafy vegetable/green vegetable)  +  Dal/ drumstick ladies finger sambar/black-eyed peas/ chickpeas/lentils / egg curry or boiled egg/ fish or chicken  +  Curd/ buttermilk with mint leaves  **(Don’t take curd and chicken/fish together, can have curd 1 hour later)**  **(Curries to be made in less oil, less coconut)** | 1 quarter plate  1 cup/2 nos  1 cup  1 cup / 1 whole egg, 2 egg whites/ 100g  1 cup |
| **4 PM** | Evening snacks (1) | Fruit (any seasonal) | 1 portion |
| **5:00-6:00PM** | Evening snacks (2) | Tea  +  Roasted makhana/ puffed rice with peanuts / digestive biscuits or whole wheat rusk 2  **OR**  Roasted chana / steamed sprouts/ chana chaat/ steamed corn chaat/ sweet potato chaat | 1 small cup  1 cup  Handful/1 cup |
| **7:30-8PM** | Meal 3  Dinner | Salad (cucumber, tomato, carrot, beetroots, onion)/ veg curry  +  Ragi rotis/ missi rotis/chapati / Rice/ Khichris  +  Vegetable(dark green leafy vegetable/green vegetable)  +  Paneer gravy/ dal or rajma or horsegram/ black beans/ chicken  **(Curries to be made in less oil, less coconut)** | 1 quarter plate  2 no / 1 cup  1 cup  50g/1 cup/100g |
| **9:30-10PM** | Bedtime | Milk | 1 cup |

**1 cup – 200 ml**

**1 small cup – 100ml**

**COMMON RESTRICTIONS & RECOMMENDATIONS**

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|  | **Common recommendations** |
| **Restrictions**  (Trimester I,II,II, & IV) | * Consumption of sugar, jaggery and honey. * Consumption of processed and bakery products like biscuits and bread * Consumption of papads, pickles, ketchups and canned foods. * Excess intake of caffeine containing beverages like tea, coffee, energy drinks and colas * Consumption of tea/coffee along with meals * Raw/undercooked meats, fish and eggs as they could cause infection. Wash fruits and vegetables before consumption * Fishes with high mercury content like shark, swordfish, king mackerel and tuna * Spicy food it can aggravate heartburn which is quite common during * Alcohol consumption and smoking completely as it can be detrimental to the baby’s growth & development |
| **Recommendations** | * Eat slowly in a comfortable and relaxed environment * Nausea (Morning sickness) is more prevalent in the first trimester. Eat small frequent meals * Prefer room temperature meals over hot meals * Prefer Bland or moderately spiced foods, dry crackers are better tolerated * Include ginger, nuts, banana, fresh fruit juices and lime water as these can help to reduce nausea. * Weight starts increasing in the second trimester. Although a pregnant woman is eating for two there is no need to double the food intake. * Food quality is very important so make sure to include whole grains, pulses, milk and milk products, seasonal fruits and vegetables in the diet. * Energy and protein requirement is high in the third trimester so include foods like milk, curd, buttermilk, eggs, fish, chicken, all dals and pulses and soya. * Ensure to get adequate rest and sleep. |

**MYTHS & FACTS ABOUT PREGNANCY DIET**

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| **MYTHS** | **FACTS** |
| Now that you are pregnant, you should be eating for two. | It is true that your nutrient needs increase, but energy requirements increase by just 300 calories per day for the 2nd and 3rd trimester of pregnancy. |
| Avoid fat completely during pregnancy to maintain good body weight. | A healthy pregnancy includes fat storage. Your body uses this stored fat as energy during labor and breastfeeding.  Cut down on fried foods and packaged foods to avoid consumption of unhealthy fat. |
| Fruits like papaya should be avoided. | The main constituents of papaya latex are papain and chymopapain, which are potent uterine stimulants. A fully ripe papaya contains very little or a negligible quantity of the latex which will not provoke uterine contractions, so it can be eaten.  On the other hand, the unripe or semiripe papaya (which contains high concentration of the latex that produces marked uterine contractions) **may have** an adverse effect during pregnancy and should be avoided. |
| In case of morning sickness/nausea, it is best to avoid eating | Empty stomach aggravates nausea.  \*Refer guidelines for tips to curb nausea. |
| Egg yolk should be avoided. | Yolk is a rich source of choline, a nutrient essential for baby’s brain development.  One whole egg=28% of pregnant woman’s choline requirement. |

**NUTRITIONAL GUIDELINES: 1ST WEEK- 12TH WEEK**

* Nutrition deserves special attention during pregnancy because of the high nutrient needs and the critical role of appropriate nutrition for both mother and foetus.
* Caloric requirement does not increase much in the first trimester.
* The focus should be to eat a variety of foods to fulfil the nutrient needs.
* Make sure you include the foods mentioned below to meet the nutrient requirements:

1. **Protein** is one of the most important nutrients during pregnancy for growth and development of the foetus.

**Protein Sources**: milk and milk products like curd, buttermilk, paneer, egg, fish, chicken, all dals and pulses, soybean, soymilk and tofu (soy paneer).

1. **Folate** is required to prevent Neural Tube Defects (Birth defect of brain, spine, or spinal cord).

Sources include fish (except Mackerel and Shark as they are contaminated with mercury), egg yolk, moth bean, soybean, kidney beans (rajma), field beans, cowpeas, dry peas, horse gram, leafy vegetables like spinach, ambat chuka, agathi leaves.

1. **Iron** helps a growing baby receive the amount of oxygen needed to develop a strong heart, lungs and muscles.

Sources include bajra, masoor dal (lentil dal), red amaranth leaves, drumstick leaves, dill leaves, soya granules & chunks, cowpea leaves, rajma, radish leaves, buckwheat, Malabar spinach (mayalu), roasted chana, horsegram. Absorption of iron can be enhanced by adding vitamin C rich sources (e.g. lemon, amla).

Nausea is more prevalent in the first trimester. Eat small and frequent meals, prefer cold meals over hot meals, bland or moderately spiced foods, dry crackers are better tolerated. Include ginger, nuts, and lime water as these can help to reduce nausea.

1. **Fibre** is important as it can prevent constipation and bloating. Include whole grains (cereal & pulse), salad and a portion of vegetable in main meals, fruits as mid-meal snack in combination with soaked nuts. Include varying colour combinations of fruits and vegetables to get all the vitamins (e.g. vitamin A) and minerals (e.g. potassium). Whole grains & nuts also help in meeting magnesium requirement. **Magnesium** can relive muscle cramps associated with pregnancy.
2. **Omega 3** is required for visual and brain development of foetus. Include a variety of fatty fishes like salmon, sardine (at least thrice a week), walnuts and chia seeds to meet the requirements.
3. **Calcium** requirement increases during pregnancy. It is required for foetal bone development and growth. Sources include ragi (finger millet), horsegram, sesame seeds, amaranth seeds (rajgira) and dairy products like milk, yoghurt, curd, paneer, buttermilk. However, for better calcium absorption **vitamin D** is required. Also, vitamin D has vital role in reducing the risk for gestational diabetes. Hence, it is equally important to maintain vitamin D level.
4. **Iodine** is also important to ensure baby's nervous system and thyroid development. It is recommended to include iodized salt.
5. Choose at least one good source of **vitamin C** every day such as Amla, Guava, Oranges, Kiwi, Broccoli, Capsicum, Strawberries, Cabbage Drumstick Leaves, Agathi leaves to improve immunity.
6. **Vitamin B12** is essential for the synthesis of DNA. Deficiency of vitamin B12 increases the risk of gestational diabetes. Sources include milk, curd and egg.
7. Drink adequate **water** to meet body’s requirement and prevent dehydration. It can either be plain water or fluids like buttermilk, soup.

**Other Recommendations**

* Moderate exercise like walk, meditation and yoga can also help to relax. Consult your doctor before starting it.
* Ghee:1 tsp/day (Pure Desi Ghee)
* Oil: 3 tsp/day
* Oil for cooking– Filtered Ricebran Oil (Fortune, Ricella,Riso), Groundnut oil, Mustard oil
* Oil for stir fry/salad dressing- Olive oil (Virgin/Extra Virgin)
* Milk- Toned Cow Milk

**Fruit Portions**

1 Fruit portion=

Apple                1 Medium

Pear                   1 Medium

Guava               1 Medium

Pomegranate    ½ Bowl

Orange              1 Medium

Litchi                3-4 No (Small)

Papaya              1 Bowl

Pineapple          3 Slices

Mango              2 Slices

Watermelon      1 Bowl

Banana              1 Elaichi Banana/1/2 Regular Banana

Strawberries 6 Medium

Sapota 1 Medium

Grapes 15 Medium

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