



IVR BOOKING:
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Janani Clinic

SPECIALIST CLINIC FOR WOMEN



**HEALTHY FOODS & DIET PLANS
DURING PREGNANCY**

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HEALTHY FOODS & DIET PLANS IN PREGNANCY

During pregnancy, it is crucial to maintain a well-balanced and nutrient-rich diet to support the development and health of both the mother and the fetus.

CALORIC REQUIREMENT DURING PREGNANCY

Pregnancy requires an additional 300-500 calories per day during the second and third trimesters, but the exact amount may vary based on pre-pregnancy weight, physical activity level, and overall health. Consulting a doctor or registered dietitian is recommended for personalized advice.

CALCIUM REQUIREMENT DURING PREGNANCY

Calcium plays a crucial role in the development of the baby's bones, teeth, and overall skeletal structure.

Pregnant women are recommended to consume approximately 1,000 to 1,300 milligrams of calcium per day. Good sources of calcium include dairy products, fortified plant-based milk, leafy green vegetables, and certain types of fish.

PROTEIN REQUIREMENT DURING PREGNANCY

Protein is essential for the development of the baby's organs, muscles, and tissues. Pregnant women should aim for an additional 25 grams of protein per day. Good sources of protein include lean meats, poultry, fish, eggs, dairy products, legumes, nuts, and seeds.

FOODS TO AVOID IN PREGNANCY

During pregnancy, avoid raw/undercooked meat, eggs, high-mercury fish, unpasteurized dairy, soft cheeses, deli meats, excessive caffeine, unwashed sprouts, and excessive fish liver oils. Be cautious with herbal teas. Opt for pasteurized dairy, well-cooked meats, and low-mercury fish. Limit caffeine to 200mg daily and avoid alcohol. Cook sprouts thoroughly. Avoid excessive vitamin A intake from supplements, for a safer pregnancy.

Consult with your doctor or a registered dietitian for personalized advice based on your specific health status and dietary preferences during pregnancy.

EARLY MORNING

Option 1

1 glass of warm milk (providing calcium and protein)
2-3 wheat biscuits

Option 2

Hot drink (such as masala chai or green tea)
2-3 wheat biscuits

BREAKFAST OPTIONS

1. Vegetable Upma and Milk:

Vegetable upma with a sprinkle of grated coconut (providing fibre and vitamins) and a glass of milk.
Fresh fruits like apple or banana.

2. Chapati with Mixed Vegetable Curry and Milk:

Two whole wheat chapatis with a small bowl of mixed vegetable curry (rich in vitamins and minerals) and a glass of milk.

Fresh fruits like apple or banana.

3. Poha with Fruits and Milk:

Poha with peas, carrots, and a handful of peanuts, accompanied by a serving of fresh fruits (e.g., apple slices) and a glass of milk.

4. Oats Porridge with Dry Fruits and Milk:

Oats porridge cooked with dry fruits (dates, almonds, and raisins), providing fibre and additional nutrients, and a glass of milk.

Fresh fruits like banana.

5. Idli with Sambhar and Coconut Chutney:

Idli served with sambhar and coconut chutney.

Fresh fruits like apple or banana.

MID MORNING SNACK

- Handful of almonds or walnuts (providing healthy fats and protein)
1 serving of fresh fruit (e.g., orange or pear)
1 glass of milk
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LUNCH OPTIONS

1. Brown Rice with Dal, Mixed Vegetable Curry, and Raita:
Brown rice with dal tadka, mixed vegetable curry, and a side of cucumber raita (contributing to calcium and probiotics). Followed by a glass of buttermilk.
Include vegetables like spinach, carrots, and bell peppers.

2. Chapati with Palak Paneer, Jeera Rice, and Salad:
Two chapatis with palak paneer, jeera rice, and a serving of cucumber-tomato salad. Followed by a glass of milk.
Include vegetables like spinach, tomatoes, and cucumbers.

3. Quinoa Pulao with Chickpeas and Mint Yogurt Sauce:
Quinoa pulao with chickpeas, mixed veggies, and a side of mint yogurt sauce. Followed by a glass of buttermilk.
Include vegetables like bell peppers, peas, and carrots.

4. Roti with Rajma Curry, Mixed Vegetable Sabzi, and Buttermilk:
Two rotis with rajma (kidney beans) curry, mixed vegetable sabzi, and a glass of buttermilk.
Include vegetables like cauliflower, beans, and carrots.

5. Vegetable Khichdi with Kadhi:
Vegetable khichdi served with kadhi and a side of sliced cucumber. Followed by a glass of buttermilk.
Include vegetables like peas, carrots, and spinach

AFTERNOON SNACK

1 glass of lassi (yogurt-based drink) or coconut water
1 serving of sliced guava or pomegranate seeds
(providing additional vitamins and antioxidants)

EVENING SNACK OPTIONS (MORE VARIETY)

1. Fruit Chaat:

Mix of diced fruits like apple, banana, and orange with chaat masala.

2. Vegetable Sticks with Hummus:

Carrot and cucumber sticks served with hummus.

3. Mixed Nuts and Seeds:

A handful of mixed nuts and seeds like almonds, walnuts, and pumpkin seeds.

4. Cheese Cubes with Grapes:

Cubes of cheese paired with grapes.

5. Whole Grain Crackers with Cottage Cheese:

Whole grain crackers served with cottage cheese.

6. Sprouts Salad:

Sprouts with chopped vegetables like tomatoes,

DINNER OPTIONS

1. Chapati with Bhindi Masala, Dal, and Roasted Papad:

Two chapatis with bhindi masala (okra curry), dal, and a side of roasted papad. Followed by a glass of milk. Include vegetables like okra, tomatoes, and onions.

2. Rice with Egg Curry, Sautéed Spinach, and Cucumber-Tomato Salad:

Rice with egg curry, sautéed spinach, and a side of cucumber-tomato salad. Followed by a glass of buttermilk.

Include vegetables like spinach, tomatoes, and cucumbers.

3. Quinoa with Mix Vegetable Curry and Yogurt:

Quinoa with mixed vegetable curry and a serving of yogurt. Followed by a glass of buttermilk.

Include vegetables like broccoli, carrots, and bell peppers.

4. Roti with Chicken Curry, Mixed Vegetables, and Buttermilk:

Two rotis with chicken curry, mixed vegetable sabzi, and a glass of buttermilk.

Include vegetables like cauliflower, beans, and carrots.

5. Dal Palak with Brown Rice and Mint Raita:

Dal palak with brown rice and a side of mint raita.

Followed by a glass of buttermilk.

Include vegetables like spinach, tomatoes, and onions

LATE EVENING SNACK:

1 cup of masala chai or milk
1 serving of a light snack like roasted chickpeas or a
ragi laddu or khakra or jeera biscuit



BEFORE BED

1 glass of warm milk

TIPS FOR A HEALTHY PREGNANCY DIET

1. Hydration is Key:

Stay hydrated by drinking plenty of water, coconut water, and buttermilk throughout the day.

2. Include Iron-Rich Foods:

Incorporate iron-rich foods like lentils, spinach, and lean meats to prevent anaemia.

3. Diversify Your Nutrient Sources:

Include a variety of fruits, vegetables, legumes, and whole grains for balanced nutrition.

4. Folate and Vitamin B12:

Consume foods rich in folate (green leafy vegetables, lentils) and vitamin B12 (dairy, eggs, fish) for fetal development.

5. Limit Caffeine and Processed Foods:

Limit caffeine intake and reduce the consumption of processed and sugary foods.

6. Small, Frequent Meals:

Opt for smaller, more frequent meals to ease digestion and prevent heartburn.