
Guideline 2:

Nourishing Beginnings Your guide to healthy growth—from pregnancy to adolescence

Nutrition During Pregnancy & Lactation

❖ Why It's Crucial

- The first 1000 days—from conception to age 2—are critical for lifelong health.
- Nutritional deficiencies during pregnancy can lead to low birth weight, anemia, neural tube defects, and impaired cognitive development.
- Lactation demands additional energy and nutrients to support milk production and maternal recovery.

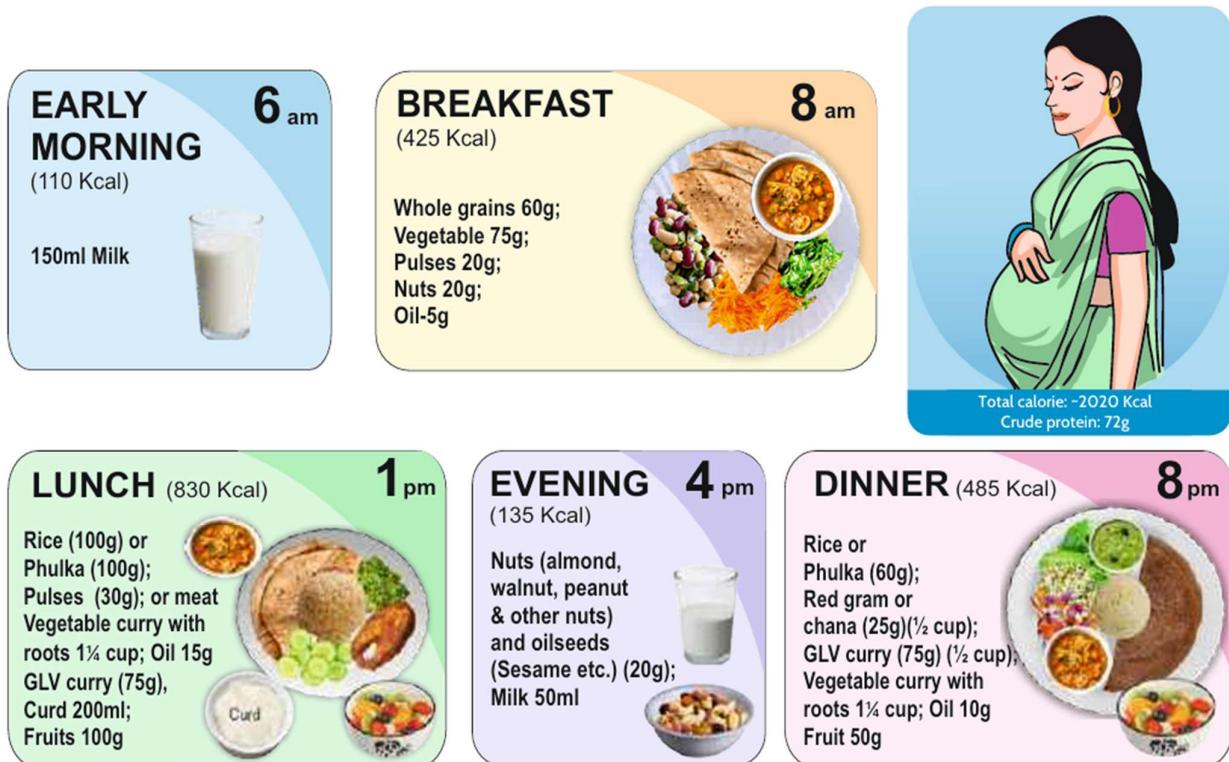
❖ Dietary Recommendations for Pregnant Women

- **Energy Needs:** +350 kcal/day in 2nd & 3rd trimesters.
- **Protein:** Increase intake by ~23g/day. Include pulses, dairy, eggs, lean meats, and nuts.
- **Micronutrients:**
 - **Iron:** Prevents anemia; sources include green leafy vegetables, jaggery, and fortified cereals.
 - **Folic Acid:** Crucial for fetal brain and spine development.
 - **Calcium & Vitamin D:** Supports bone health; include milk, ragi, sesame seeds.
 - **Iodine:** Prevents mental retardation; use iodized salt.
 - **Vitamin B12:** Especially important for vegetarians—include dairy and fortified foods.

❖ Lactation Nutrition

- **Energy Needs:** +600 kcal/day during exclusive breastfeeding.
- **Hydration:** Minimum 2.5–3 liters/day.

- **Galactagogues:** Fenugreek, garlic, cumin, and ajwain may support milk flow.
- **Avoid:** Alcohol, tobacco, excess caffeine, and junk food.



Diet Chart for normal sedentary pregnant woman

Increase the dietary intake

Undernourished
Pregnant Woman



Do's

- Vitamin C rich fruits like gooseberries (amla), guava and orange should be included in the diet to improve iron absorption of plant foods.
- Add green leafy vegetables and other vegetables in your daily diet (Ex. fenugreek (methi) roti, spinach (palak) roti, vegetable idli, vegetable dosa).
- In case of nausea and vomiting, take small and frequent meals (4–6 times/day).
- Expose yourself to direct sunlight for at least 15 minutes to get sufficient vitamin D.
- Avail supplementary nutrition from AWC and micronutrient supplements as per doctor's advice.
- Add a variety of food items in your daily diet by which daily requirement of all the nutrients can be met.
- Green leafy vegetables, legumes and nuts are good sources of folic acid.

Don'ts

- Don't smoke or chew tobacco or consume alcohol.
- Avoid carbonated beverages.
- Avoid foods made with hydrogenated fat.
- Don't sleep immediately after meal.
- Don't consume tea, coffee and other caffeinated drinks along with meals or soon after meals.
- Don't lift heavy objects or strenuous physical activity.

Overweight
Pregnant Woman

Reduce sugar, cereal
(esp. refined) and oil.



Note:

- An additional 350 Kcal has been added for normal weight gain during pregnancy. | Quantities indicated are for raw ingredients. | Added sugar must be restricted to less than 5% of daily energy.
- Food insecure pregnant women should access ICDS take-home food rations and their weight gain should be monitored. | A portion of dal can be substituted with fish/chicken/meat/egg.

Refer: Annexure I & II for household measures

Exclusive Breastfeeding (0–6 Months)

❖ Importance of Breastfeeding

- Provides complete nutrition, antibodies, and enzymes.
- Reduces risk of diarrhea, pneumonia, obesity, and diabetes.
- Promotes emotional bonding and brain development.

❖ Best Practices

- **Initiate Early:** Within 1 hour of birth.
- **Exclusive Breastfeeding:** No water, honey, or other foods.
- **Feed on Demand:** 8–12 times/day, including night feeds.
- **Positioning & Latching:** Proper technique prevents nipple soreness and ensures effective feeding.
- **Mother's Diet:**
 - Rich in iron, calcium, protein, and fluids.
 - Include seasonal fruits, vegetables, whole grains, and healthy fats.
- **Avoid Bottles:** Risk of infections and nipple confusion. Use clean cups/spoons if needed.

❖ Common Myths

- “Water is needed in summer” — False. Breast milk contains enough water.
- “Thin milk isn’t nutritious” — False. Foremilk and hindmilk serve different purposes.

RISK OF NOT FEEDING BREAST MILK

For infants: Not being breastfed is associated with an increased incidence of infections, higher risks of childhood obesity, type 1 and type 2 diabetes and leukemia. In some cases, it can also lead to sudden infant death syndrome.

For mothers: Breastfeeding reduces risk of breast cancer and ovarian cancer, obesity, type 2 diabetes, metabolic syndrome and cardiovascular diseases such as stroke and heart attacks.

Complementary Feeding (6–24 Months)

❖ Why It's Needed

- After 6 months, breast milk alone cannot meet energy and nutrient needs.
- Timely introduction of solids prevents stunting and nutrient deficiencies.

❖ Feeding Guidelines

• Start at 6 Months:

- Begin with mashed banana, boiled potato, dal water, soft khichdi.
- Gradually introduce variety and texture.

• Meal Frequency:

- 6–8 months: 2–3 meals + 1 snack
- 9–11 months: 3–4 meals + 1–2 snacks
- 12–24 months: 3–4 meals + 2 snacks

• Texture Progression:

- Pureed → Mashed → Soft solids → Family foods

• Continue Breastfeeding: Up to 2 years and beyond.

• Avoid: Salt, sugar, honey, cow's milk (before 1 year), and packaged foods.

❖ Responsive Feeding

- Encourage self-feeding and avoid force-feeding.
- Be patient and make mealtimes pleasant.
- Observe hunger and fullness cues.

Nutrition for Children & Adolescents

❖ Why It Matters

- Supports physical growth, brain development, immunity, and academic performance.
- Adolescents need extra nutrients due to growth spurts and hormonal changes.

❖ Dietary Focus

• Balanced Diet:

- Cereals & millets (energy)

- Pulses & legumes (protein)
- Dairy (calcium)
- Fruits & vegetables (vitamins, fiber)
- Nuts & seeds (healthy fats)
- **Micronutrients:**
 - **Iron:** Prevents anemia; include jaggery, dates, green leafy vegetables.
 - **Calcium & Vitamin D:** Bone health; include milk, ragi, sunlight exposure.
 - **Vitamin A:** Eye health; include carrots, papaya, mango.
- **Limit Junk Food:** Avoid sugary drinks, fried snacks, and processed items.
- **Physical Activity:**
 - Minimum 60 minutes/day of moderate exercise.
 - Encourage outdoor play, sports, and active commuting.

❖ **Foods to Limit**

- **Sugary Drinks & Packaged Snacks:** High in empty calories.
- **Fried & Ultra-Processed Foods:** Linked to obesity and poor concentration.
- **Excess Salt & Saturated Fats:** Increase risk of hypertension and heart disease.

❖ **Nutrition During Illness**

- Offer soft, energy-dense foods like khichdi, fruit smoothies, and soups.
- Maintain hydration and small frequent meals.