

Date:-25/9/24

Name:- Suprabha

Mid pregnancy

weight:- 60.5 kgs

Age:- 37 years

Week of pregnancy:-12 weeks 8 days

Trimester:- 2 nd trimester

Height:-5 ft 1 inch

Current body weight:- 61.5 Kg

Diet plan name:- **Prenatal 2nd trimester diet plan**

Medical conditions:

Power Pack diet for 2nd Trimester

Morning Rituals: after wake up with in 15 to 30 mins

- Post wake up:-Jeera water:- Boil 1 spoon Jeera in 1 glass water for 2-3 mins, strain & drink to start your metabolism.
Or
eat soaked 4-5 almonds before yoga
Soak 1 spoon saunf, 1 spoon thread mishri, 4-5 kali kishmish/ prunes overnight, take lukewarm empty stomach
if feeling nausea & constipation munakka water take whole day or kheera + mint leaves (alternate) 1 banana with walnut, coconut water twice for being hydrated.
- soak 1 spoon chia seeds overnight, add 1 lemon & warm water(alternate)
- Soak 3-4 almonds, 1-2 walnuts, 5-6 black kishmish, 1-2 figs, 1 date with 1 spoon gulkand + 1 fruit(banana) (take on a daily basis for first 3 months) for iron, folate, Ca, Vitamin, brain development of child.
- If nausea then take only banana & lie down to settle your stomach.
- If acidity then take only 1 spoon Gulkand, wait for 15 mins & take only 1 banana.
- Drink lukewarm water whenever required, be hydrated always.

Breakfast: (8:00-10:00 am) (7 options given, take different things each day)

(Remember:-you should not have constipation)

Jowar flakes/ wheat flakes /Muesli with milk.

Or

Bajra/millet Daliya with green leafy vegetables + 1 cup milk(at least twice a week sure take)

Or

1or 2 besan/ragi/soaked dal/oats/quinoa chilla, added with lots of vegetables + 1 bowl fresh curd, green chutney.

Or

Eggs omelet added with onion,tomato,spinach,capsicum / scrambled eggs made of 2 whole eggs+ 1 cup milk

Or

1 or 2 spinach/paneer/eggs/mix veg/methi paratha with home made fresh curd, sprinkle black salt & black pepper.

Or

1 egg sandwich/vegetable sandwich(whole wheat bread spread mint chutney or hang curd, add slices of cucumber, paneer/boiled egg with blanched spinach or any vegetable of your choice + 1 cup of milk/tea.

Or

2 cups cooked vegetable poha with some groundnuts, green peas/vermicelli upma/sooji upma with peanuts & vegetables added in it with 1 cup spearmint/peppermint tea or 1 cup milk.(be assure, no thyroid)

Mid-meal: (11:30-12:30pm)(only liquid intake for hydration)

Pea soup/mix vegetables soup/spinach soup with ½ lemon squeezed & black pepper, black salt.

Or

Any 1 seasonal fruit except papaya & pineapple.

Or

Butter milk with black salt & pepper.

Or

Coconut water with malai/ kokum sherbet/ lemonade.

Or

Boiled tur dal with jaggery

Lunch: (1:00 -2:00pm)(½ cup rice + 1 roti with 2 cup green moong dal with bottle gourd once a week or roots & tubers like sweet potato,yam, cassava twice a week with ½ spoon desi ghee or sauteed vegetables not raw)

1 cup cooked brown/red rice/quinoa/millet rice, add ½ cup dal of your choice along with cruciferous vegetables (cabbage/spinach/cauliflower/broccoli/carrot) in cooker with 1 spoon pure ghee. Take with homemade fresh curd & mint amla chutney.

Or

Grilled paneer/tofu with quinoa salad with lemon juice, garlic & green vegetables

Or

brown /millet rice with egg curry + fresh homemade Raita.

Or

1 green roti/bhakri (jowar/bajra/ragi + oats flour - 1 tbsp each with unstrained spinach/amaranth) served with 1 ½ cup moong dal lauki sabzi/ paneer/egg bhurji/ rajma/black chana/masoor, soyabean/cowpea/chana sabzi + 1 glass fresh homemade buttermilk/ curd. (can also have post lunch)

(Amaranth leaves is also called as Rajgeera leaves or Laal Math, it is rich in iron and calcium, helps for good blood flow)

Or

South Indian meals: Idli/dosa/uttapam (rice/ragi) with 2 cups sambar having colorful vegetables like carrot, beetroot, sweet corn, tomato, french beans, cabbage, cauliflower + 1 tbsp coconut chutney/ fresh homemade curd or raita.

Or

Millet based pasta/tomato based pasta, boil with green leafy vegetables.

Or

Vegetable masala oats + green amla coriander chutney.(recipe given in guidelines)

Or

Pulav with lots of vegetables with fresh curd/ veggies raita.

Or

1 green chapati with lauki dal/palak dal/palak paneer/egg curry(more sabji, less roti)+curd/raita (add jeera roasted, black pepper, black salt).

Evening meals/Snacks: (3:30-5pm)

3:30 pm: Fruit: 1 seasonal fruit only(avocado/kiwi/orange/strawberry/guava/pear/jamun/black grapes/watermelon with few chunks of dry coconut)

Or

Mix vegetable soup/spinach soup with ½ lemon squeezed

Or 1 chapati with ghee & jaggery

Or

Handful of roasted peanuts, chana/boiled chana/makhana/grilled paneer

Or

Boiled sprouts & lots of coloured vegetables added in puffed rice or wheat bhel with tamarind chutney, garnish with chopped coriander.

Or

Methi Khakhra with lemonade.

Dinner: (7pm)(No curd, no raw veggies, no fruits in dinner, prefer light dinner)

1 bowl Tomato/lauki/pumpkin leaves/spinach/sweet corn/egg drop soup or mix veg (tomato+lauki+beetroot+carrot) soup with vegetable oats bowl/ 1 green roti. (add 80 gms paneer in it)

Or

1 cups cooked dal (add 1 tsp ghee) + 1 cup any sabzi + ½ cup cooked rice

Or

Oats meal porridge with lots of green vegetables & green amla chutney.

Or

1 roti with scrambled eggs /paneer.

Or

2 cups cooked vegetable daliya/dal khichdi/palak khichdi with green leafy vegetables added in it with 1 tsp ghee

Or

Yellow mung/green moong dal chilla with 1 cup boiled vegetables + 1 tbsp coriander,amla,mint chutney

Post Dinner: (30-45 mins before going to bed)

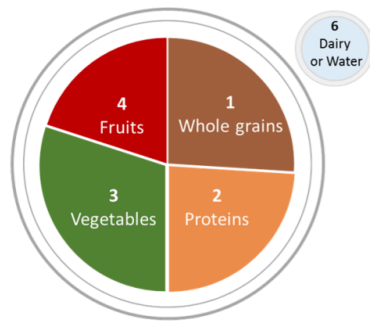
- Boil ½ spoon jeera/ajwain in 1 glass of water, strain & drink it warm for good digestion.
- Or
- Boil 1 inch raw organic turmeric root in 1 glass farm fed cows/A2 milk, add jaggery & drink.(turmeric milk)

GUIDELINES:-

1. **Foods to avoid:-** Packaged milk & juices, red meat, store bought yogurt, ready to eat cereals, bakery products, fast foods, market desserts & sweets.
2. **Foods to replace with :-** (Milk from farm fed cows or A2 milk, lemonade, kokum sherbat, coconut water with malai in natural juices), , (home made curd, hung curd, raita,buttermilk), (rolled oats, bajra daliya, wheat daliya), (roasted makhana/chana/pumpkin seeds/sunflower seeds), (poha, fruit

chaat, sweet potato chat, pasta with sauteed vegetables), (homemade custard, nuts laddoo, dates chocolate)

3. Be hydrated all the time.
4. Increase vegetable intake in meals and avoid skipping breakfast for essential nutrients.
5. Eat every 2-3 hours without a long gap & chew properly.
6. Include fiber-rich foods like fruits, vegetables, oats, quinoa, brown rice, and legumes to stay full .
7. . Don't take white bread, chips, burger, pizza, aerated drinks, refined oil , white sugar, alcohol
8. Do not forget to soak rice and dals at least for 1 hour before cooking to remove a gas-producing substance from it called 'phytic acid' For chilla too soak yellow moong dal/green moong dal overnight
9. Use cold-pressed coconut oil, sunflower oil, olive oil or canola oil for cooking
10. Use non-stick pans for making chillas, dosas, and uttapams so that less oil is used
11. Focus on **proteins** more such as dairy products, milk & milk products, dal, sprouts, soya products, eggs, lentils and pulses.
12. Iron rich foods like green leafy vegetables, bajra/millet, dates, figs, seeds, prefer to cook in cast iron vessels.
13. Calcium rich foods like milk, milk products, chana, ragi etc. on a daily basis.
14. Follow a healthy balanced meal plate as given below. (**Just avoid having fruits with meals**) - Half plate filled with veggies, ¼ th plate with rice/roti/oats/grains and ¼ th with proteins
15. **Masala oats recipe:-** (Add 1 tablespoon of oil in a pan then add chopped green chilli and cumin seeds. Then add chopped onions, tomatoes , capsicum and green peas. Stir well and add salt and black pepper. After say 2 mins added 1 cup rolled oats and 2 cups of water. Cover with a lid for about 15-20 mins on a very slow flame. Garnished with fresh coriander



Food Plate Guide



Real Food Plate

NUTRITION GUIDELINES FOR 1st TRIMESTER:-

Indulge in small frequent meals and do not fast. Break down your meals throughout the day to support a steady graph of your blood sugar and insulin levels. Have small meals throughout the day than heavy meals at one go, this will also help dissolve any gut issues you might have.

#Every main meal should have a protein source. The main nutrient required to assist the growth of the baby is proteins. Every meal should have a serving of protein. Be mindful of this, and do a mental check of the presence of protein when you serve yourself a meal.

#Add vegetable/ green leaf chutneys to main meals. Adding vegetables just as salads and sabzi can get boring, this is an innovative and traditional way to ensure the intake of vegetables. Chutneys also help in the betterment of the microorganisms in the gut.

#Do not underestimate the importance of fat. Healthy fats are of high significance for the development of the baby, do not ignore this nutrient. Add unrefined forms of fat like ghee, and butter and invisible fats like coconuts, nuts, seeds, etc.

#Do not indulge in anything that says "Free". The current market comes with a variety of products claiming to be free from a certain nutrient, carb-free, fat-free, sodium-free, etc. Stay away from these foods as they can be heavily processed.

#Listen to your hunger and satiety cues. Here are a few ways to listen to your body. ● Before serving food on your plate, visualize the amount of food you want and then take half of what you imagined.

- Sit in a fixed place and have your meal, chew them well, and take time with your meal. Slow down so you can listen to the signals from your body.
- We tend to eat until our stomach feels full, do not do that. Stop your meal when you feel around 70% full.

Lean towards seasonal foods than the ones that travel a long distance to reach you. The more food travels to reach your plate, the lesser the nutrients. Buy food from small local shops rather than malls and online ordering. Mainly, stick to seasonal fruits and vegetables. 5-6 servings of fruits and vegetables per day. No compromise on adding fruits and vegetables to the diet. If you can get organic and homegrown ones that would be best.

4 must add food in the first trimester. Here are a few ways to listen to your body.

- Add Hing/ asafoetida to your daily cooking. This will help keep nausea and bloating down and help curb your cravings.
- Add ragi/ nachni to your diet constantly, at least weekly 3-4 times. This ingredient will help regulate your appetite, prevent overeating and in the long run, will help with lactation as well.
- Add beetroot to the diet. The nutrient profile of beets is so rich that they provide nerve support and prevent the occurrence of leg pains and varicose veins. If you can find beetroot leaves, you can add them as a subzi as well.
- Add ghee to your meals religiously. There is a fear of developing diabetes in pregnancies and ghee can help avoid sudden blood sugar spikes in the body and help maintain stable and steady sugar levels.

Nutrition Guidelines for 2nd Trimester:-

1. Caloric Intake

- **Increase Calories:** Aim for an additional 300-350 calories per day to support the growing baby. Focus on nutrient-dense foods rather than empty calories.

2. Macronutrients

- **Protein:** Consume about 70-80 grams of protein daily. Good sources include lean meats, eggs, dairy products, legumes, tofu, and nuts.
- **Healthy Fats:** Incorporate omega-3 fatty acids (from sources like flaxseeds, chia seeds, walnuts, and fatty fish if you consume it) for brain and eye development. Include healthy fats like avocados, olive oil, and nuts.
- **Carbohydrates:** Opt for complex carbohydrates like whole grains, fruits, and vegetables to provide sustained energy and essential nutrients.
- **Fiber:** Ensure 25-30 grams of fiber daily to prevent constipation, which can be common during pregnancy. Include whole grains, fruits, vegetables, and legumes.

3. Micronutrients

- **Calcium:** Aim for at least 1,000 mg of calcium daily to support the development of the baby's bones and teeth. Include dairy products, fortified plant-based milk, leafy greens, and ragi.
- **Iron:** Increase iron intake to support the increased blood volume and prevent anemia. Aim for 27 mg per day from sources like spinach, lentils, fortified cereals, and beetroot.
- **Folate:** Continue to ensure sufficient folate intake (about 600 mcg daily) through leafy greens, legumes, and fortified foods. Folate is essential for preventing neural tube defects.
- **Vitamin D:** Ensure adequate vitamin D (600 IU daily) to aid calcium absorption and support bone health. Consider supplementation if necessary, and include fortified foods and safe sun exposure.
- **Vitamin C:** Include vitamin C-rich foods (like citrus fruits, strawberries, bell peppers) to enhance iron absorption and boost immunity.
- **Magnesium:** Important for muscle function and relaxation, magnesium can be found in nuts, seeds, whole grains, and leafy greens.

4. Hydration

- **Stay Hydrated:** Drink at least 8-10 glasses of water daily. Proper hydration helps maintain amniotic fluid levels and supports digestion.

5. Meal Planning

- **Small, Frequent Meals:** Eat small, frequent meals to avoid heartburn and maintain energy levels. Aim for balanced meals with a good mix of protein, carbohydrates, and healthy fats.
- **Include Snacks:** Healthy snacks like yogurt with fruit, nuts, seeds, or whole grain crackers with hummus can help keep energy levels stable.

6. Special Considerations

- **Monitor Weight Gain:** Healthy weight gain during the second trimester is typically around 0.5 kg (1 lb) per week. Consult with your healthcare provider to ensure you're on track.
- **Manage Common Discomforts:** If experiencing heartburn, avoid spicy and acidic foods, and try not to eat right before lying down. Eating small meals and including ginger in the diet may help with any lingering nausea.
- **Avoid Harmful Foods:** Continue avoiding high-mercury fish, raw or undercooked meats, unpasteurized dairy products, and anything that may pose a foodborne illness risk.

7. Supplements

- **Prenatal Vitamins:** Continue taking prenatal vitamins that include folate, iron, calcium, and DHA.
- **Iron Supplement:** If recommended by your healthcare provider, take an iron supplement, particularly if you're at risk of anemia.
- **Consult Healthcare Provider:** Before starting any new supplements, check with your healthcare provider to ensure they're safe and necessary.

Diet Plan Overview for the Second Trimester(if you have office or less time then you may use examples given here)

1. On Rising (10-15 minutes after waking up)

- **Nutrient Breakdown:**

- Carbohydrate: 15%
- Protein: 50%
- Fat: 25%
- Fiber: 10%
- **Examples:**
 - A glass of warm water with a slice of lemon or a pinch of turmeric.
 - A handful of soaked almonds or walnuts.
 - A small bowl of Greek yogurt with a sprinkle of chia seeds.
- **Benefits:** This meal helps stabilize blood sugar and insulin levels, kickstarting metabolism for the day.

2. Breakfast (45 minutes to 1 hour after the first meal)

- **Nutrient Breakdown:**
 - Carbohydrate: 30%
 - Protein: 35%
 - Fat: 20%
 - Fiber: 15%
- **Examples:**
 - Oatmeal cooked with milk, topped with fresh fruits, nuts, and seeds.
 - Whole grain toast with avocado and a boiled egg or scrambled tofu.
 - Smoothie made with spinach, banana, protein powder, and almond butter.
- **Benefits:** A good breakfast stabilizes mood and energy levels throughout the day, with protein preventing cravings.

3. Mid-Morning Snack (11:30 am - 12:30 pm)

- **Nutrient Breakdown:**
 - Carbohydrate: 50%
 - Protein: 15%
 - Fat: 20%
 - Fiber: 15%
- **Examples:**

- Fresh fruit salad with a drizzle of honey and a sprinkle of nuts.
- Whole grain crackers with hummus and cucumber slices.
- A smoothie with cucumber, mint, and coconut water.
- **Benefits:** This snack aids in detoxification, hydration, and reducing acidity and bloating.

4. Lunch (Not later than 2:00 pm)

- **Nutrient Breakdown:**
 - Carbohydrate: 35%
 - Protein: 25%
 - Fat: 15%
 - Fiber: 25%
- **Examples:**
 - Quinoa or brown rice with a side of sautéed vegetables and a portion of grilled chicken or paneer.
 - Lentil or chickpea salad with mixed greens, avocado, and olive oil dressing.
 - Whole wheat chapati with dal, a side of vegetables, and yogurt.
- **Benefits:** Lunch is the heaviest meal as digestive fire is highest. This meal provides variety and nutrient density.

5. Evening Snack (Between 4:30 pm - 5:30 pm)

- **Nutrient Breakdown:**
 - Carbohydrate: 35%
 - Protein: 25%
 - Fat: 20%
 - Fiber: 20%
- **Examples:**
 - A small bowl of mixed nuts and dried fruits.
 - A slice of whole grain toast with nut butter and banana slices.
 - Vegetable sticks (carrots, celery) with guacamole or yogurt dip.

- **Benefits:** This snack helps manage cravings and prevents unwanted fat accumulation, keeping energy levels steady.

6. Dinner (No later than 8:00 pm)

- **Nutrient Breakdown:**
 - Carbohydrate: 35%
 - Protein: 25%
 - Fat: 20%
 - Fiber: 20%
- **Examples:**
 - A bowl of vegetable soup with a side of grilled fish or tofu.
 - Whole wheat roti with a light vegetable curry and a small portion of dal.
 - Stir-fried vegetables with quinoa or brown rice.
- **Benefits:** Dinner should be lighter than other meals, with well-cooked foods to aid digestion as the digestive fire is lower in the evening.

7. Bedtime Snack (Optional, not later than 10:30 pm)

- **Nutrient Breakdown:**
 - Carbohydrate: 25%
 - Protein: 50%
 - Fat: 20%
 - Fiber: 5%
- **Examples:**
 - A glass of warm milk with a pinch of turmeric or a small handful of almonds.
 - A slice of whole grain bread with a thin layer of nut butter.
 - Cottage cheese or Greek yogurt with a few berries.
- **Benefits:** This snack helps stabilize blood sugar levels through the night, ensuring a restful sleep and preventing hunger.

All the very best

