



Towards a new dawn

Ministry of Women and Child Development



icmr **NIN**
INDIAN COUNCIL OF
MEDICAL RESEARCH NATIONAL INSTITUTE
OF NUTRITION

ICMR-National Institute of Nutrition



सत्यमेव जयते

Government of India



राष्ट्रीय ग्रामीण स्वास्थ्य मिशन
(2005-2012)

DIET CHART FOR PREGNANT WOMEN

in

North India



Early morning

6:30 am

Milk (200 ml)

Note: In case of nausea and vomiting consume toast/rusk before milk



Breakfast

8:00 am

3 Parantha/ 3 Roti (75g) or Daliya (75g+15g pulses, 1½ cups)

**Vegetable curry (100g, ½ cup)
Boiled egg one in number / paneer (30g)**



Mid Morning

10:30 am

Seasonal Fruit (100g)



Lunch

1:00 pm

**2 cups Rice (100g) or 4 Roti (100g)
Dal, Green Leafy Vegetable curry (75g, ½ Cup)
Curd (100 ml, ½ cup)
Salad (50g)
*Chicken or Meat (30g, ½ Cup)**



Evening snacks

4:00 pm

**1 seasonal fruit (100g) (Banana/ orange/ guava) and
Nuts (peanut/ thil) (30g)**



Dinner

8:00 pm

**2 cups Rice (100g) or 4 Roti (100g)
Chickpeadal (15g, ¼ cup) with Green Leafy Vegetable (75g, ½ cup),
Vegetable curry (100g)
Curd (100 ml, ½ cup)**



Bed time

10:00 pm

Milk (100 ml)

For Overweight Pregnant Women

Reduce sugar, refined cereal and oil. Moderate consumption of nuts and oilseeds.



Undernourished Pregnant Woman Should Gain Minimum 13 kg During Pregnancy

Increase Pulses Oil & Nuts



Diet Chart for Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman – North India

| Meal Timing | Food groups | Raw amount (Serving size) | | |
|---------------------|-----------------------|--|---------------------------------------|--|
| | | Normal (2260 kcal) | Under-nourished (2410 kcal) | Overweight (2120 kcal) |
| Morning (6.30 AM) | Milk | 200 ml (1 cup) | 200 ml (1cup) | 200 ml (1 cup) |
| | Sugar | 5 g (1 Teaspoon) | 5 g (1 Teaspoon) | -- |
| Breakfast (8.00 AM) | Cereals | 75 g | 75 g | 70 g |
| | Pulses | 15 g (2-3 parathas or 1-1½ Katori dalia) | 30 g (3 parathas or 2 Katori dalia) | 15 g (2-3 parathas or 1-1½ Katori dalia) |
| | Green leafy vegetable | 50 g (1/2 cup) | 50 g (3/4 cup) | 50 g (1/2 cup) |
| | *Egg | 50 g (One) | 50 g (One) | 50 g (One) |
| Snack (10.30 AM) | Seasonal fruit | 100 g (one) | 100 g (one) | 100 g (one) |
| Lunch (1.00 PM) | Cereals | 100 g (2 Katori Rice/ 4 Rotis) | 100 g (2 Katori Rice/ 4 Rotis) | 90 g (1 ¾ Katori Rice/ 3 Rotis) |
| | *Flesh foods/Dal | 30 g (1/2 Katori Chicken/ meat)/ Dal | 30 g (1/2 Katori Chicken/ meat)/ Dal | 30 g (1/2 Katori Chicken/ meat)/ Dal |
| | Green leafy vegetable | 75 g + 100 g | 75 g + 100 g | 75 g + 100 g |
| | Vegetables | (1/2 Katori) | (1/2 Katori) | (1/2 Katori) |
| | Salad | 50 g (One) | 50 g (One) | 50 g (One) |
| | Milk/Curd | 100 ml (1/2 Katori curd) | 100 ml (1/2 Katori curd) | 100 ml (1/2 Katori curd) |
| Evening (4.00 PM) | Seasonal fruit | 100g (one medium) | 100g (one medium) | 100g (one medium) |
| | Nuts | 30 g (1/4 cup) | 35 g (1/4 cup) | 20 g (1 ½ Tablespoon) |
| Dinner (8.00 PM) | Cereals | 100 g (2 Katori Rice/4 Roti or Rotis) | 100 g (2 Katori Rice/3 Roti or Rotis) | 90 g (1 ¾ Katori Rice/3 Roti or Rotis) |
| | Pulses | 15 g (1/2 Katori) | 30 g (1 Katori) | 15 g (1/2 Katori) |
| | Green leafy vegetable | 75 g (1/4 katori) | 75 g (1/4 katori) | 75 g (1/4 katori) |
| | Vegetables | 100 g (1/2 Katori) | 100 g (1/2 Katori) | 100 g (1/2 Katori) |
| | Milk/Curd | 100 ml (1/2 Katori curd) | 100 ml (1/2 Katori curd) | 100 ml (1/2 Katori curd) |
| Night (10.00 PM) | Milk | 100 ml (1/2 cup) | 100 ml (1/2 cup) | 100 ml (1/2 cup) |
| | Sugar | 5 g (1 Teaspoon) | 5 g (1 Teaspoon) | -- |

*Measures: 1 cup / Katori = 200 ml

* Non-veg items like Fish/Egg/Chicken can be consumed as per social acceptability & availability

Recommended food groups and raw amounts (in grams) to meet dietary requirements of pregnant woman per day

| Food groups | Normal pregnant woman | Undernourished pregnant woman | Over weight pregnant woman |
|------------------------|-----------------------|-------------------------------|----------------------------|
| Cereal Grains | 275 | 275 | 250 |
| Pulses & Legumes | 60 | 90 | 60 |
| Green Leafy Vegetables | 150 | 150 | 150 |
| Roots & Tubers | 100 | 100 | 100 |
| Other Vegetables | 200 | 200 | 200 |
| Nuts & Oil Seeds | 30 | 35 | 20 |
| Fruits | 200 | 200 | 200 |
| Egg | 50 | 50 | 50 |
| Meat & Poultry | 30 | 30 | 30 |
| Milk & Milk Products | 500 | 500 | 500 |
| Fats & Edible Oils | 30 | 35 | 20 |
| Sugars | 10 | 10 | 00 |

Food Options

| | | |
|------------------|--|---|
| Breakfast | Roti, Parantha, Poha, Sewai (Sweet/Salt), Besan Moong Cheela, Porridge, Paushtik Cheela, *Omlette, Boiled Egg etc. |  |
| Snacks | Chirwa, roasted peanut, chana chaat, sprouts, Paushtik Cheela, Poha, Dahi vada, Stuffed parantha, etc. |  |
| Lunch & Dinner | Rice/Roti, Bajra/Makki roti, Kichri, Dal, Vegetable like Sarson ka saag, Methi Aloo, Aloo+Gobhi, Palak+Dal, Beans, Dum aloo, Peas curry, Carrots with Raita/ Curd, Soya vada, vegetable kadhi, Rogan josh, Paneer Gobi, * Eggrice, Meat, Chicken, fish curry, etc. |  |
| Sweets | Gulgula (Pua), Halwa (Gajar/ Moong Dal), Kheer (Carrot/Rice), Laapsi, Custard, Besan Ladoo, thil ladoo, chikki, etc. |  |
| Green Vegetables | Spinach, Methi, Amaranth, Moringa Leaves, Mint, Gongura Leaves, Bathua, Sarson ka saag, etc. |  |
| Fruits | Orange, Guava, mango, Sweet Lime, Malta, Amla, pomegranate, Banana etc. | |
| Other Vegetables | Bitter gourd, Lotus Stems, Raw Banana, Onion, Green Peas, Drumsticks, turnip, bottle gourd, tomato, ladyfinger, brinjal, carrot, parwal, etc. |  |
| Pulses | Mung daal (split and skinned green gram), Chawli daal (black eyed beans), Masoor daal (split red lentils), Sabat masoor (Indian Brown lentils), Toor daal (yellow pigeon peas), Hari matar (green peas), white peas, Bengal gram, Urad, soyabean, moth beans |  |
| Nuts | Dried coconut, peanut, thil, water melon seeds, walnuts etc. |  |

* Non-veg items like Fish/Egg/Chicken can be consumed as per social acceptability & availability

- 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 (eg. Methi roti, 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 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

- Smoke or chew tobacco and consume alcohol
- Consume carbonated beverages
- Eat cooked food made with hydrogenated fat
- Sleep immediately after eating meal
- Wash vegetables after peeling
- Consumption of tea, coffee and other caffeinated drinks along with meals or after meals
- Lifting heavy objects or strenuous physical activity



Points to keep in mind for diet of pregnant women

- Type of recipes, time of consumption and frequency may vary according to the region and cultural preferences and convenience but amounts provided in the diet chart need to be followed to meet adequate dietary requirements.
- Use up to 30g oil (20g of vegetable oil and 10g butter or ghee) per day for Normal pregnant women, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished pregnant women and 20g oil (15g of vegetable oil and 5g butter or ghee) for overweight pregnant women.
- Use double fortified salt during preparation of the meal. Restrict salt usage to <5g per day
- Cereals may be replaced twice or thrice per week with millets (Nutri-cereals), use whole wheat and less polished rice and avoid refined wheat flour and highly polished rice.
- Vegetarians can substitute egg/ chicken/fish/meat with 30g of pulses/ paneer.
- Non vegetarians can replace pulses with chicken/ fish/meat/egg
- Flesh foods: Instead of 30g / day, one can consume 100 – 60g twice or thrice in a week
- BMI (Body Mass Index) calculated using weight in Kg divided by height in meter square.
- Normal (BMI 18.5-23.0) pregnant woman should gain minimum 10kg, Undernourished (BMI < 18.5) pregnant woman should gain minimum 13 kg, Over weight (BMI >23.0) pregnant woman should gain 7-10 kg by term

Normal
(BMI 18.5-23.0)
pregnant woman
*should gain
minimum 10 kg by*



Undernourished
(BMI < 18.5)
pregnant woman
*should gain
minimum 13 kg by*



Over weight
(BMI >23.0)
pregnant woman
*should gain 7-10
kg by term*



Content provided by



icmr
INDIAN COUNCIL OF
MEDICAL RESEARCH

NIN
NATIONAL INSTITUTE
OF NUTRITION



**POSHAN
Abhiyaan**
PM's Overarching
Scheme for Holistic
Nourishment
सही पोषण - देश रोशन