PREGNANCY DIET CHART

**Must Have:-**

1. 6- Almonds (Soaked & Pealed Skin)
2. 6 Soft Dates (Dry 12- Daily) & 1 Table Spoon Honey
3. Walnuts- 2
4. Milk- 1/2 Leter/Day
5. Fruits-2/Day
6. 1 Boiled Egg
7. Beat Root, Carrot, Tomato, Cucumber, Red Capsicum, Black Grapes.
8. Urat dal- 1 Small Laddu Daily, Green Gram
9. Brown Rice, Chapathi, Raagi

10) In Saffron- from 7th Month

11) Coconut Water

**Avoid:-**

1. Papaya
2. Pine Apple
3. Seisme Seeds
4. Mullangi (Raddish)
5. Coffee/Tea.

***NOTE:-***

1. ***DAILY 1/2 TO 1 HOUR WALKING***
2. ***WITH ROUTINE CARBOHYDRATED FOOD***