

## Indian diet chart for pregnancy

FOOD ITEM	CALORIE (KCAL)	PROTEIN (GMS)	NUTRIFACT
<b>Early Morning : (7.00 Am)</b>			
Rose flavored Milk(1 glass)	150	4	Milk Is the best way to start your day, It will cool the acid rush down, and the nutrients in milk will be are absorbed better on empty stomach
Wheat Rusks(2 pieces)	50	2	Dry Carbs in the Morning helps in relieving Morning Sickness
Soaked Almonds (6 pieces)	50	4	It is a good souce of protein and omega 3 acids
Dates (2 pieces)	25	1	It helps in maintaining Ph balance in blood due to rise in blood volume
<b>Breakfast (9.00 Am)</b>			
Carrot Stuffed Paratha(2 medium size)	200	6	Carrots help in providing fiber , keeps you away from skin and digestion problem during pregnancy , and cuts on th risk of baby developing jaundice at birth.
Curd1 Soup Bowl(1 Soup Bowl)	75	4	curd Provides calcium, protein, Vit A and D very beneficial during pregnancy, And helps you enhance your mood during downs.
OR			
Egg Omlette(2 No.)	160	10	Eggs are easy to make and best sources of proteins that helps in baby's growth.
Toasted Brown Bread(2 slices)	100	3	Dry carbs Helps in relieving Morning sickness
OR			
Vegetable oats upama (1 soup bowl)	250	3	Multi nutrients from veggies and good fiber to tackle constipation
<b>11.00 Am</b>			
Apple / Orange / Pomegranate (1 medium size)	40	—	These fruits help in maintaining hydration and Ph balance in increasing blood volume.
<b>12.00 Pm</b>			
Coconut water / Lemonade (1 glass)	30	—	It Benefits in constipation, sluggish digestion, heart burn and urinary tract infections during pregnancy
<b>LUNCH(1.30 Pm)</b>			
Chapati / Phulka(2 no)	200	6	—
Dal tadka / Fish curry(1 soup bowl)	150	6	Fish helps in obtaining nutrients like pufa and mufa and good quality protein for development of the baby.
Palak Paneer(1 small bowl)	150	6	Spinach is rich in folic acid and iron and helps in maintaining healthy pregnancy.
Lemon Rice(1 small bowl)	100	2	Vitamin C from Lemon helps in taking care of the huge metabolic wastes produced in body during pregnancy.
sliced tomatoes(2 medium size)	40	—	Anti oxidant lycopene helps in taking care of metabolic wastes.
<b>2.30 Pm</b>			

Buttermilk(1 glass)	40	1	Helps in hydration and heart burn
4.30 Pm			
Tea(1 cup)	50	2	—
cheese chilly toast(2 slices)	150	4	cheese has good calcium and protein which helps in growth of baby. It also helps in formation of smooth stools, which helps relieve constipation.
6.00 Pm			
Roasted chana(Handful)	50	1	good protein and iron content for heamoglobin formation
Jaggery( small pieces (15 gms ))	25	—	Its iron content helps in increasing heamoglobin with increasing blood volume.
<b>OR</b>			
Dry fruit chikki (made in gurr )(4 small pieces)	100	2	Good combination of iron and protein
7.30 Pm			
Vegetable soup / Chicken soup(1 soup bowl)	125	2	—
<b>DINNER (8.00 Pm)</b>			
Jowar / bajra roti with ghee (1 tsp )(2 medium size)	200	6	These grain are easy to digest and do not burden the system.
Mung dal and methi sabji(1 bowl)	150	4	good combination of protein and iron for baby's growth
Kadhi / potato gravy(1 bowl)	150	3	—
jaggery(2 spoon)	25		Its iron content helps in increasing heamoglobin with increasing blood volume.
Koshimbir / salad(1 bowl)	50	2	Fiber helps in better digestion
Beetroot + carrot kheer(1 bowl)	150	6	Beet root and carrots increase heamoglobin and are rich in Vitamin A and other essential nutrients that helps in growth of the baby.
10.00 Pm			
Milk(1 glass)	150	4	Along with good nutrition, a glass of warm milk at bedtime helps in getting a good night sleep.
2 dates (2 pieces)	25	1	It helps in maintaining Ph balance in blood due to rise in blood volume
<b>TOTAL</b>	<b>2600</b>	<b>77</b>	