Indian diet chart for pregnancy

| 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 Breakfast (9.00 Am) Carrot Stuffed Paratha(2 medium size) 50 4 Eggs are easy to make and best sources of proteins that helps in relieving horning sickness Egg Omlette(2 No.) 160 10 Eggs are easy to make and best sources of proteins that helps in relieving Morning Sickness Egg Omlette(2 No.) 160 10 Eggs are easy to make and best sources of proteins that helps in relieving Morning sickness OR Egg Omlette(2 No.) 160 10 Eggs are easy to make and best sources of proteins that helps in baby's growth. Dry carbs Helps in relieving Morning sickness OR Vegetable oats upama (1 soup bowl) 1.00 Am Apple / Orange / Pomegranate (1 medium size) 11.00 Am Apple / Orange / Pomegranate (1 medium size) 12.00 Pm Coconut water / Lemonade (1 glass) 30 These fruits help in maintaining hydration and Ph balance in increasing blood volume. LUNCH(1.30 Pm) Chapati / Phulka(2 no) 200 6 — Fish helps in obtaining nutrients like pufa and mufa and good quality protein for development of the baby. Palak Paneer(1 small souwl) 150 6 Spinach is rich in folic acid and iron and helps in maintaining hydration care of the huge metabolic wastes produced in body during pregnancy. Vitamin C from Lemon helps in taking care of the huge metabolic wastes produced in body during pregnancy. Anti oxidant lycopene helps in taking care of | FOOD ITEM | CALORIE (KCAL) | PROTEIN (GMS) | NUTRIFACT | | |
|--|--|-------------------|---------------|---|--|--|
| Rose flavored Milk(1 glass) Wheat Rusks(2 pieces) Wheat Rusks(2 pieces) Soaked Almonds (6 oieces) Dates (2 pieces) Dates (2 pieces) Carrot Stuffed Paratha(2 needium size) Carrot Stuffed Paratha(2 needium size) Carrot Stuffed Paratha(2 of medium size) Carrot shelp in maintaining hydration and Paratha size of medium size of the baby. Carrot shelp in maintaining hydration and helps in maintaining hydration and helps in maintaining hydration of the baby. Carrots helps in relieving medium size of the baby. Carrots helps in maintaining hydration and helps in maintaining hydration of the bab | | Ear | rly Morning: | (7.00 Am) | | |
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| Dates (2 pieces) Dates (2 pieces) 25 1 | Wheat Rusks(2 pieces) | 50 | 2 | | | |
| Breakfast (9.00 Am) Carrot Stuffed Paratha(2 medium size) 6 | Soaked Almonds (6 pieces) | 50 | 4 | acids | | |
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| metabolic wastes. | Lemon Rice(1 small bowl) | | 2 | of the huge metabolic wastes produced in | | |
| 2.30 Pm | sliced tomatoes(2 medium size) | ¹ 40 | _ | metabolic wastes. | | |
| | | | 2.30 Pr | n | | |

| Buttermilk(1 glass) | 40 | 1 | Helps in hydration and heart burn | |
|--|------|---------|--|--|
| | | 4.30 Pr | n | |
| 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 Pr | n | |
| Roasted chana(Handful) | 50 | 1 | good protein and iron content for heamoglobin formation | |
| Jaggery(small pieces (15 gms)) OR | 25 | - | Its iron content helps in increasing heamoglobin with increasing blood volume. | |
| Dry fruit chikki (made in gurr)(4 small pieces) | 100 | 2 | Good combination of iron and protein | |
| | | 7.30 Pr | n | |
| Vegetable soup / Chicken soup(1 soup bowl) | 125 | 2 | | |
| DINNER (8.00 Pm) | | | | |
| 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 ich 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 | |
| TOTAL | 2600 | 77 | | |