Diet Plan for Pregnancy

TIME	FOOD ITEM	AMOUNT	CALORIE (KCAL)	PROTEIN (GMS)	NUTRIFACT
7.00 AM	Early Morning				
	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
9.00 AM	Breakfast				
	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.
	Curd	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

11.00 AM	Apple / Orange / Pomegranate	1 medium size	40	–	These fruits help in maintaining hydration and Ph balance in increasing blood volume.
12.00 PM	Coconut water / Lemonade	1 glass	30	–	It Benefits in constipation, sluggish digestion, heart burn and urinary tract infections during pregnancy
1.30 PM	LUNCH				
	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.
2.30 PM	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	2 small pieces (15 gms)	25	–	Its iron content helps in increasing heamoglobin with increasing blood volume.
	OR				
	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	—
8.00 PM	DINNER				
	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	

In the above given Indian diet plan for pregnancy, I have also mentioned some facts that will help you know why you should be eating the referred food and how it is going to help you in your pregnancy.

Please Note – The above given Indian diet plan for pregnancy is a general chart, and can be used as an example. But this Indian diet plan for pregnancy may or may not suit everyone as everybody has a different response to different food. The above given Indian diet plan for pregnancy is suitable for women who are free of all sorts of food allergies and do not have any complications in pregnancy.