



# DIET CHART FOR PREGNANT WOMEN IN WEST INDIA



# FOLLOWING DIETARY PRACTICES

## Early Morning 06:30 am

Milk (200 ml)  
Note: In case of nausea and vomiting consume toast/rusk before milk



## Breakfast 08:00 am

1 Cup Poha (75g) or Parantha and Green Leafy Vegetables  
½ Cup Dal (15g)  
½ Cup Veg Curry (100g)  
\*Boiled Egg(1)/Paneer (30g)



## Mid Morning 10:30 am

Seasonal Fruit (100g)



## Lunch 01:00 pm

2 Cup Rice (100g) or 4 Roti (Bhakri)  
¼ Cup Green Leafy Vegetable Curry (50g)  
Curd (100ml), Salad (50g)  
½ Cup \*Fish or \* Meat (30g)



## Evening Snacks 04:00 pm

1 Seasonal Fruit (100g) (Banana/Orange/Guava) and Nuts (Peanuts/Til etc.) (30g)



## Dinner 08:00 pm

2 Cup Rice (100g) or 3 Bajra Roti (100g)  
½ Cup Lentil (15g)  
¼ Cup Green Leafy Vegetable Curry (50g)  
½ Cup Vegetable Curry (100g)  
½ Cup Curd (100ml)

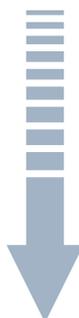


## Bed Time 10:00 pm

Milk (100 ml)



**For Overweight Pregnant Woman**  
During Pregnancy  
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 and Nuts





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



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



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

# Diet Chart for **Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman - West India**

Meal Timing	Food Groups	Raw Amount (Serving Size)		
		Normal (2260 kcal)	Undernourished (2410 kcal)	Overweight (2120 kcal)
Morning (6:30 am)	Milk	200 ml (1 Cup)	200 ml (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g (3 Roti/1 Katori Poha)	75g (2 Parantha/Puffed Rice)	70g (2 Roti/1 Katori Puffed Rice)
	Green Leafy Vegetables + Dal	50g	50g	50g
	Pulses	15g	30g	15g
	Vegetable Curry	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	*Egg	50g (One)	50g (One)	50g (one)
Snack (10:30 am)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice/ 4 Roti or Phulkas)	100g (2 Katori Rice/ 3 Bajra Roti)	90g (1¾ Katori Rice/ 2 Bajra Roti)
	*Flesh Foods	30g (½ Katori Fish)	30g (½ Katori Fish)	30g (½ Katori Fish)
	Green Leafy Vegetable	50g (¼ Katori)	50g (¼ Katori)	50g (¼ Katori)
	Salad	50g	50g	50g
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Nuts	30g (¼ Cup or 1 Fistful)	35g (¼ Cup or 1 Fistful)	20g (1½ Tablespoon)
	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
Dinner (8:00 pm)	Cereals	100g (2 Katori Rice / 3 Bajra Roti)	90g (1¾ Katori Rice/ 2 Bajra Roti)	90g (1¾ Katori Rice/ 2 Bajra Roti)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetable	50g (¼ Katori)	50g (¼ Katori)	50g (¼ Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Night (10:00 pm)	Milk	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

# Recommended Food Groups and Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

Food Groups (in grams)	Normal Pregnant Woman	Undernourished Pregnant Woman	Overweight 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
SUGAR	10	10	00

## Food Options

**Breakfast:** Vada Pav, Pav-Bhaji, Missal-Pav, Poha, Daliya, Upma, Missi Roti, Idli, Dosa, Chapati, Sabji, Rice/Roti With Sabji, Milk, Aloo Parantha, Thepla, Dokhla, Ragada, Bhelpuri, \*Egg Omelette, etc.

**Snacks:** Chiwda, Multi-Grain Laddu, Khaman Dokhla, Laapsi, Sukadi, Fafada, Missal-Pav, Thepla (Methi), Bhel, Batata-Vada, Chakli, Sago-Vada, Muthiya (With Green Leafy Vegetables Or Bottle Gourd), Khakhra, Masala Bhakri, Shira (Halwa), etc.

**Lunch & Dinner:** Dal-Bafale, Baingan Ka Bharta, Dal-Chawal Roti Sabji, Bhakri (Rice/Jowar, Bajari and Ragi), Butter Milk, Curd, Kadhi, Jhunka+Bhakhar, Usal, Ragirotla (Bajara/Jowar/Ragi), Khichdi Kadhi, \*Fish, \*Mutton Curry, \*Chicken, \*Egg-Curry, \*Prawn Curry, \*Fish Curry, \*Pomfret, etc.

**Sweets:** Shreekhand, Puranpoli, Sheera, Kheer, Chikki, Besan Ladoo, Churma, Basundi, etc.

**Green Vegetables:** Spinach, Amaranth Leaves, Moringa Leaves, Mint, Bathua, Fenugreek Leaves, Drumstick Leaves, etc.

**Fruits:** Banana, Orange, Guava, Mango, Sapota, Pomegranate, Custard Apple, Apple, Jamun, Pineapple, Sweet Lime, Grapes, etc.

**Other Vegetables:** Tomato, Potato, Elephant Foot Yam, Carrot, Cauliflower, Pumpkin, Bitter Gourd, Bottle Gourd, Cabbage, Capsicum, Lady Finger, Brinjal, Guarbeans, Cucumber, Peas, etc.

**Pulses:** Moong Dal (Split and Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal, Brown Lentils, Toor Dal, Green Peas, White Peas, Bengal Gram (Chana), Urad, Soyabean, Moth Beans, etc.

**Nuts:** Groundnut, Dried Coconut, Watermelon Seeds, Til Seeds, etc.



\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

## Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

## Don'ts



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

## Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
- Use double fortified salt (Iron + Iodine) 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 \*egg/\*chicken/\*fish/\*meat
- \*Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
- \*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

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**icmr**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH

**NIN**  
NATIONAL INSTITUTE  
OF NUTRITION





# FOLLOWING DIETARY PRACTICES

## Early Morning

**6:30 am**

Milk (200 ml)

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



## Breakfast

**08:00 am**

2 Dosa

(Cereal + Pulses 75g+15g)

or 3 Idli

(Cereal + Pulses 75g+15g)

½ Cup Vegetable Chutney (100g)

\*1 Boiled Egg or \*1 Omelette



## Evening Snacks

**04:00 pm**

1 Seasonal Fruit (100g) (Banana/Orange/Guava) and Nuts (Peanuts/Til etc.) (30g)



## Dinner

**08:00 pm**

2 Cup Rice (100g) or 4 Roti (100g)

½ Cup Tur Dal or Green Gram (15g)

Green Leafy Vegetables (75g) and

¼ Cup Vegetables (50g)

½ Cup Curd (100ml)



## Mid Morning

**10:30 am**

Seasonal Fruit (100g)



## Lunch

**01:00 pm**

2 Cup Rice (100g)

or 4 Roti (100g)

½ Cup \*Chicken or

\*Meat (30g)

¼ Cup Green Leafy Vegetable Curry (50g)

Salad (50g)

½ Cup Curd (100ml)



## Bed Time

**10:00 pm**

Milk (100 ml)



### For Overweight Pregnant Woman

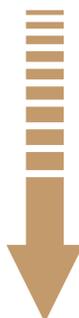
During Pregnancy

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 and Nuts





**Normal  
(BMI 18.5 - 23.0)  
pregnant woman**

**should gain minimum  
10 kg by term**



**Undernourished  
(BMI < 18.5)  
pregnant woman**

**should gain minimum  
13 kg by term**



**Overweight  
(BMI > 23.0)  
pregnant woman**

**should gain  
7-10 kg by term**

# Diet Chart for **Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman - South India**

Meal Timing	Food Groups	Raw Amount (Serving Size)		
		Normal (2260 kcal)	Undernourished (2410 kcal)	Overweight (2120 kcal)
Morning (6:30 am)	Milk	200 ml (1 Cup)	200 ml (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g +	75g +	70g +
	Pulses	15g (2 Dosa or 3 Idli)	30g (3 Dosa or 4 Idli)	15g (2 Dosa or 3 Idli)
	Vegetables	Vegetable Chutney 100g (½ Cup)	Vegetable Chutney 100g (½ Cup)	Vegetable Chutney 100g (½ Cup)
	*Egg	50g (One)	50g (One)	50g (One)
Snack (10:30 am)	Seasonal Fruit	100g (One)	100g (One)	100g (One)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice)	100g (2 Katori Rice)	90g (1¾ Katori Rice)
	*Flesh Foods	30g (½ Katori *Chicken/ *Meat)	30g (½ Katori *Chicken/ *Meat)	30g (½ Katori *Chicken/ *Meat)
	Green Leafy Vegetables	100g +	100g +	100g +
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Salad	50g (½ Plate)	50g (½ Plate)	50g (½ Plate)
	Milk/ Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
	Nuts	30g (¼ Cup or 1 Fistful)	35g (¼ Cup or 1 Fistful)	20g (1½ Tablespoon)
Dinner (8:00 pm)	Cereals	100g (2 Katori Rice/ 4 Roti)	100g (2 Katori Rice/ 4 Roti)	90g (1¾ Katori Rice/ 3 Roti)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	50g (¼ Katori)	50g (¼ Katori)	50g (¼ Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Night (10:00 pm)	Milk	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

# Recommended Food Groups and Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

Food groups (in grams)	Normal pregnant woman	Undernourished pregnant woman	Overweight 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
SUGAR	10	10	00

## Food Options

**Breakfast:** Khara Bhaath, Kesari Bhaath, Ragi Dosa, Besibele Bhaath, Vangi Bhaath, Khara Pongal, Sweet Pongal, Akki Roti (Rice), Ragi Roti, Dosa, Sambar, Coconut Chutney, Idli Sambar Chutney, Puttu (Steam Cake) Appam, Upma, Uthappam, Idiyappam, Puri and Curry, Chapati and Curry, Pongal, \*Egg Curry, \*Fish Curry, etc.

**Snacks:** Idli, Upma, Bonda, Murukku, Bhajji (Chilli, Capsicum, Banana), etc.

**Lunch & Dinner:** Rice, Sambar, Aviyal, Koottucurry (Boiled Vegetables With Coconut Gravy), Mix Veg Curry, Chapati, Kootu, Jowar Roti, Stuffed Brinjal, Mushroom Curry, Gogurapachadi, Bottle Gourd Curry, Ragi Mudda, \*Fish Curry, \*Chicken Curry, \*Fish Fry, etc.

**Sweets:** Payasam, Peanut Chikki, Mysore Pak, Til Seeds Laddu, Rava Kesari, Ragi Sweet Adai, etc.

**Green Vegetables:** Palak, Fenugreek, Amaranth, Moringa Leaves, Gongura Leaves, Coriander, Mint, etc.

**Fruits:** Banana, Jack Fruit, Orange, Guava, Apple, Grapes, Mango, etc.

**Other Vegetables:** Carrot, Beans, Pumpkin, Cabbage, Drumsticks, Bitter Gourd, Beetroot, Potato, Brinjal, Parwal, etc.

**Pulses:** Moong Dal (Split and Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal (Split Red Lentils), Sabut Masoor (Indian Brown Lentils), Toor Dal (Yellow Pigeon Peas), Hari Matar (Green Peas), White Peas, Bengal Gram, Urad, Soyabean, Moth Beans, etc.

**Nuts:** Groundnuts, Dried Coconut, Til, Water Melon Seeds, etc.



\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

## Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

## Don'ts



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

## Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
- Use double fortified salt (Iron + Iodine) 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 \*egg/\*chicken/\*fish/\*meat
- \*Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
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# DIET CHART FOR PREGNANT WOMEN IN EAST INDIA



# FOLLOWING DIETARY PRACTICES

## Early Morning

06:30 am

Milk (200 ml)  
Note: In case of nausea and vomiting consume toast/rusk before milk



## Breakfast

08:00 am

2 Parantha (75g)  
¼ Cup Vegetable Curry (50g)  
Pulses (15g) + ¼ Cup Green Leafy Vegetables (50g)  
\*1 Boiled Egg/Paneer (30g)



## Mid Morning

10:30 am

Seasonal Fruit (100g)



## Lunch

01:00 pm

2 Cup Rice (100g)/  
4 Roti (100g)  
½ Cup \*Fish Curry or  
1 Cup Pulses (30g)  
¼ Cup Green Leafy Vegetables (50g)  
¼ Cup Kalmi Sag (50g)  
¼ Cup Vegetable Curry (50g)  
½ Cup Curd (100 ml)  
Salad (50g)



## Evening Snacks

04:00 pm

1 Seasonal Fruit (100g)  
(Banana/Orange/Guava)  
and Nuts  
(Peanuts/Til etc.) (30g)



## Dinner

08:00 pm

2 Cup Rice/  
4 Roti (100g)  
1 Cup Lentil (30g)  
¼ Cup Green Leafy Vegetables (50g)  
½ Cup Vegetable Curry (100g)  
½ Cup Curd (100 ml)



## Bed Time

10:00 pm

Milk (100 ml)



### For Overweight Pregnant Woman

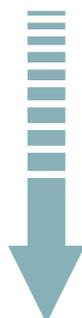
During Pregnancy

Reduce

Sugar, Refined Cereal and Oil

Moderate

Consumption of Nuts and Oilseeds

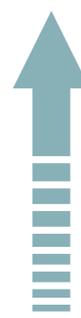


### Undernourished Pregnant Woman Should Gain Minimum 13 kg

During Pregnancy

Increase

Pulses, Oil and Nuts



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**Normal  
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should gain minimum  
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**Overweight  
(BMI > 23.0)  
pregnant woman**

should gain  
7-10 kg by term

# Diet Chart for Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman - East India

Meal Timing	Food Groups	Raw Amount (Serving size)		
		Normal (2260 kcal)	Undernourished (2410 kcal)	Overweight (2120 kcal)
Morning (6:30 am)	Milk	200 ml (1 Cup)	200 ml (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g (2 Parantha)	75 g (2 Parantha)	70g (2 Parantha)
	Pulses or Green Leafy Vegetables	15g (½ Cup)	30g (1 Cup)	15g (½ Cup)
	Green Leafy Vegetables	50g	50g	50g
	*Egg	50g (One)	50g (One)	50g (One)
Snack (10:30 am)	Seasonal Fruit	100g (One medium)	100g (One medium)	100g (One medium)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice)	100g (2 Katori Rice)	90g (1¾ Katori Rice / 3 Roti)
	*Flesh Foods	30g (½ Katori Fish)	30g (½ Katori Fish)	30g (½ Katori Fish)
	Green Leafy Vegetables	50g (¼ Katori Kalmi Sag)	50g (¼ Katori Kalmi Sag)	50g (¼ Katori Kalmi Saag)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Salad	50g	50g	50g
	Milk /Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Seasonal Fruit	100g (One medium)	100g (One medium)	100g (One medium)
	Groundnut Laddu	30g (¼ Cup)	35g (¼ Cup)	20g (1½ Tablespoon)
Dinner (8:00 pm)	Cereals	100g ( 4 Roti)	100g (4 Roti)	90g (3 Roti)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	50g (¼ Katori)	50 g (¼ Katori)	50 g (¼Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk /Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Night (10:00 pm)	Milk	100 ml (½ Cup )	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

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# Recommended Food Groups and Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

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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
SUGAR	10	10	00

## Food Options

**Breakfast:** Roti, Parantha (Plain, Sattu/ Vegetable Stuffed), Pooari, Aloo Sabji, Mixed Sabji, Puffed Rice, Matar (Peas), Panta (Cooked Rice Soaked Overnight), Fresh Cooked Rice With Onion (Fresh), Bengal Gram Sattu (Powder Made To Paste), Dal, Chira, Dal Bhath, Radhaballabhi With Chole, Luchi, Muri, \*Boiled Egg/\*Omelette

**Snacks:** Chira, Besan Cheela, Chikki, Roasted Chana, Sprouts, etc.

**Lunch & Dinner:** Fresh Cooked Rice, Leafy Vegetable, Mashed Potato, Dal (Lentil/Green Gram), Mixed Sabji, Chutney, Rice/Roti, Sabji, Dal/Pitta, Khichdi, Besan Curry, Saag, Khichidi, Moong Saag, Guguni (Boiled Green Gram), \*Fish (Either Curry or Jhol) (Spicy & Watery) or \*Mutton/\*Chicken, \*Fish Jhol, etc.

**Sweets:** Chenna Pora, Til Laddu, Darbesh, Makhana Kheer, Rasgulla, Sandesh, Rasmalai, Chamcham, Kheer or Payasam, Coconut Laddu, etc.

**Green Vegetables:** Raddish Leaves, Kalmi Saag, Red Saag, Poi Saag, Methi Saag, etc.

**Fruits:** Banana, Orange, Jack Fruits, Guava, Lemon, Mango, Pineapple, Watermelon, Jamun, Musk Melon, etc.

**Other Vegetables:** Ridge Gourd, Pointed Gourd, Bottle Gourd, Broad Bean, Cabbage, Potato, Badami Aloo (Small Kidney Shaped), Pumpkin, Brinjal, Cauliflower, Yam, Makhana, etc.

**Pulses:** Moong Dal (Split and Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal (Split Red Lentils), Sabut Masoor (Indian Brown Lentils), Toor Dal (Yellow Pigeon Peas), White Peas, Urad, Soyabean, Bengal Gram (Chana), Moth Beans, etc.

**Nuts:** Dried Coconut, Peanut, Water Melon Seeds, Til Seeds, etc.



\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

## Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

## Don'ts



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

## Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
- Use double fortified salt (Iron + Iodine) 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 \*egg/\*chicken/\*fish/\*meat
- \*Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
- \*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

Content provided by





# DIET CHART FOR PREGNANT WOMEN

IN NORTH INDIA



# FOLLOWING DIETARY PRACTICES

## Early Morning

06:30 am

Milk (200 ml)

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



## Breakfast

08:00 am

3 Parantha/3 Roti (75g) or

1 ½ Cup Dalia + Dal

Pulses (75g + 15g)

½ Cup

Vegetable Curry (100g)

\*1 Boiled Egg/Paneer (30g)



## Evening Snacks

04:00 pm

1 Seasonal Fruit (100g)  
(Banana/Orange/Guava)

and Nuts

(Peanuts/Til etc.) (30g)



## Dinner

08:00 pm

2 Cup Rice (100g)  
or 4 Roti (100g)

½ Cup Chickpea  
Dal (15g) with

⅓ Cup Green Leafy  
Vegetables (75g)

Vegetable Curry (100g)

½ Cup Curd (100 ml)



## Mid Morning

10:30 am

Seasonal Fruit (100g)



## Lunch

01:00 pm

2 Cup Rice (100g) or

4 Roti (100g), Dal

⅓ Cup Green Leafy

Vegetable Curry (75g)

½ Cup Curd (100 ml)

Salad (50g)

½ Cup \*Chicken or

\*Meat (30g)



## Bed Time

10:00 pm

Milk (100 ml)



### For Overweight Pregnant Woman

During Pregnancy

Reduce

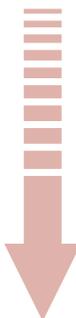
Sugar, Refined

Cereal and Oil

Moderate

Consumption of

Nuts and Oilseeds



### Undernourished Pregnant Woman

Should Gain

Minimum 13 kg

During Pregnancy

Increase

Pulses,

Oil and Nuts





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



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



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

# 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 (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g (3 Parantha or 2 Katori Dalia)	75g (3 Parantha or 2 Katori Dalia)	70g (2-3 Parantha or 1-1½ Katori Dalia)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	50g (¼ Cup)	50g (¼ Cup)	50g (¼ Cup)
	*Egg	50g (One)	50g (One)	50g (One)
Snack (10:30 am)	Seasonal Fruit	100g (One)	100g (One)	100g (One)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice/4 Roti)	100g (2 Katori Rice/4 Roti)	90g (1¾ Katori Rice/3 Roti)
	*Flesh Foods/ Dal	30g (½ Katori *Chicken/ *Meat)/Dal	30g (½ Katori *Chicken/ *Meat)/Dal	30g (½ Katori *Chicken/ *Meat)/Dal
	Green Leafy Vegetable + Vegetables	75g + 100g (½ Katori)	75g + 100g (½ Katori)	75g + 100g (½ Katori)
	Salad	50g (One)	50g (One)	50g (One)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
	Nuts	30g (¼ Cup)	35g (¼ Cup)	20g (1 ½ Tablespoon)
Dinner (8:00 pm)	Cereals	100g (2 Katori Rice/ 4 Roti)	100 g (2 Katori Rice/ 4 Roti)	90g (1¾ Katori Rice/ 3 Roti)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	75g (½ Katori)	75g (½ Katori)	75g (½ Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Night (10:00 pm)	Milk	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

# Recommended Food Groups and Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

Food Groups (in grams)	Normal Pregnant Woman	Undernourished Pregnant Woman	Overweight 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
SUGAR	10	10	00

## Food Options

**Breakfast:** Roti, Parantha, Poha, Sewai (Sweet/Salt), Besan Moong Cheela, Porridge, Paushtik Cheela, \*Omelette, \*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, Khichdi, Dal, Vegetable Like Sarson Ka Saag, Methi Aloo, Aloo+gobhi, Palak+dal, Beans, Dum Aloo, Peas Curry, Carrots with Raita/Curd, Vegetable Kadhi, Paneer, Gobhi, \*Rogan Josh, \*Egg Rice, \*Meat, \*Chicken, \*Fish Curry, etc.

**Sweets:** Gulgula (Pua), Halwa (Gajar/ Moong Dal), Kheer (Carrot/Rice), Laapsi, Custard, Besan Ladoo, Til 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, Lady Finger, Brinjal, Carrot, Parwal, etc.

**Pulses:** Moong Dal (Split and Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal (Split Red Lentils), Sabut Masoor (Indian Brown Lentils), Toor Dal (Yellow Pigeon Peas), Hari Matar (Green Peas), White Peas, Bengal Gram, Urad, Soyabean, Moth Beans

**Nuts:** Dried Coconut, Peanut, Til, Water Melon Seeds, etc.



\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

## Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

## Don'ts



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

## Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
- Use double fortified salt (Iron + Iodine) 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 \*egg/\*chicken/\*fish/\*meat
- \*Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
- \*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

Content provided by





# DIET CHART FOR PREGNANT WOMEN

IN NORTH-EAST INDIA



# FOLLOWING DIETARY PRACTICES

## Early Morning

06:30 am

Milk (200 ml)

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



## Breakfast

08:00 am

½ Cup Putharo Rice Cake (75g) with  
½ Cup Pulses (15g)  
& ¼ Cup Green Leafy Vegetables (50g)  
¼ Cup \*Chicken or  
\*Meat (15g)



## Mid Morning

10:30 am

Seasonal Fruit (100g)



## Lunch

01:00 pm

2 Cup Rice (100g) or  
3 Roti (100g)  
¼ Cup Green Leafy Vegetables (50g)  
½ Cup Vegetable Curry (100g)  
A Piece of Lemon &  
½ Cup Curd (100 ml)  
½ Cup \*Fish (30g)



## Evening Snacks

04:00 pm

1 Seasonal Fruit (100g)  
(Banana/Orange/Guava)  
and Nuts  
(Peanuts/Til etc.) (30g)



## Dinner

08:00 pm

2 Cup Rice (100g)  
½ Cup Lentil (15g)  
¼ Cup Green Leafy Vegetables (50g)  
½ Cup Vegetable Curry (100g)  
Salad (50g)



## Bed Time

10:00 pm

Milk (100 ml)



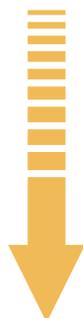
## For Overweight Pregnant Woman

During Pregnancy

Reduce

Sugar, Refined Cereal and Oil

Moderate Consumption of Nuts and Oilseeds



## Undernourished Pregnant Woman

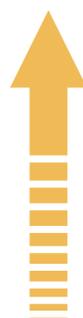
Should Gain

Minimum 13 kg

During Pregnancy

Increase

Pulses, Oil and Nuts





**Normal  
(BMI 18.5-23.0)  
pregnant woman**

**should gain minimum  
10 kg by term**



**Undernourished  
(BMI < 18.5)  
pregnant woman**

**should gain minimum  
13 kg by term**



**Overweight  
(BMI > 23.0)  
pregnant woman**

**should gain 7-10 kg  
by term**

# Diet Chart For Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman - North-East 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 (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g (3 Roti or 2 Katori Putharo Rice Cake)	75g (3 Roti or 2 Katori Putharo Rice Cake)	70g (2 Roti or 1½ Katori Putharo Rice Cake)
	Green Leafy Vegetables	50g	50g	50g
	Pulses/*Chicken or *Meat	15g (½ Cup)	30g (1 Cup)	15g (½ Cup)
	*Egg	50g (One)	50g (One)	50g (One)
Snack (10:30 am)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice/ 3 Bajra Roti)	100g (2 Katori Rice)	90g (1¾ Katori Rice)
	*Flesh Foods	30g (½ Katori Fish)	30g (½ Katori Fish)	30g (½ Katori Fish)
	Green Leafy Vegetables	75g (½ Katori)	75g (½ Katori)	75g (½ Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
	Nuts	30g (¼ Cup or 1 Fistful)	35g (¼ Cup or 1 Fistful)	20g (1½ Tablespoon)
Dinner (8:00 pm)	Cereals	100g (2 Katori Rice/3 Bajra Roti)	100g (2 Katori Rice)	90g (1¾ Katori Rice)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	75g (½ Katori)	75g (½ Katori)	75g (½ Katori)
	Vegetables	100g (½ Cup)	100g (½ Cup)	100g (½ Cup)
	Milk/Curd	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
Night (10:00 pm)	Milk	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

# Recommended Food Groups And Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

Food groups (in grams)	Normal Pregnant Woman	Undernourished Pregnant Woman	Overweight 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
SUGAR	10	10	00

## Food Options

**Breakfast:** Pumaloi, Pusaw (Traditional Khasi Cake), Pukhleln (Fried Rice Cake and Dumped In Jaggery Syrup), Yam, Pudoh (Khasi Red Rice), Sweet Potato (Boiled), Ja-shulia (Steamed Sticky Rice), Chira, Khura, Momos, Dal B hath, Pitaguri, Tilta, Luchi, Ghungni \*Omelette Putharo [(Steamed Rice Cake) (Usually Have With \*Meat Or \*Chicken)], etc.

**Snacks:** Thukpa (Noodles), Momos (Vegetable, \*Meat), Pitha (Pan Cake), Sanpiau, etc.

**Lunch & Dinner:** Rice (Plain Rice/ Red Rice/ Jadoh), Dal, Boiled Vegetables, Fried Vegetable, Chutney (e.g. Dhania Chutney), Tungrymbai (Fermented Soyabean, Sesame Seeds), Bamboo Shoot Curry, Jack Fruit Curry, Apong, Thukpa, Pasa, Monpa, Pekha, Nagtok, Gundruk, Dhindo, Bohra, Donbori \*Soup With Non-Veg, \*Fish Fry/\*Chicken/\*Mutton (Smoked/Fried), \*Umshit (Like Rasam, \*Non-veg Curry) \*Fermented Fish, \*Iromba (Fish + Potato), \*Meat /\*Chicken /\*Fish Curry, etc.

**Sweets:** Kheer Payasam (With Black Rice), Sandesh, Kheer, Pitha, Rava Ladoo, Tikli Pitha, Khaja, Coconut Ladoo, etc.

**Green Vegetables:** Methi, Spinach, Sorrel Leaves, etc.

**Fruits:** Pineapple, Banana, Khasi Mandarin Orange, Plum, Peach, Pear, Guava, Papaya, Jack-fruit, Lemons

**Other Vegetables:** Radish, Beetroot, Potato, Colocasia, Brinjal, Cauliflower, Pumpkin, Tomato, Squash, Tender Bamboo Shoots Cucumber, French Bean, Cabbage, Peas, etc.

**Pulses:** Moong Dal (Split And Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal (Split Red Lentils), Sabut Masoor (Indian Brown Lentils), Toor Dal (Yellow Pigeon Peas), Hari Matar (Green Peas), White Peas, Bengal Gram, Urad, Soyabean, Moth Beans, etc.

**Nuts:** Dried Coconut, Peanut, Til, Water Melon Seeds, etc.



\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

## Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

## Don'ts



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

## Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
- Use double fortified salt (Iron + Iodine) 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 \*egg/\*chicken/\*fish/\*meat
- \*Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
- \*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

Content provided by





# DIET CHART FOR PREGNANT WOMEN

IN CENTRAL INDIA



# FOLLOWING DIETARY PRACTICES

## Early Morning

06:30 am

Milk (200 ml)

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



## Breakfast

08:00 am

2 Parantha (75g) or  
1 Cup Poha (75g)

¼ Cup Green Leafy  
Vegetables (50g) + Dal (15g)

\*1 Boiled Egg/Paneer (30g)



## Mid Morning

10:30 am

Seasonal Fruit (100g)



## Lunch

01:00 pm

2 Cup Rice (100g) or  
4 Roti (100g)

¼ Cup Green Leafy  
Vegetables (50g)

½ Cup Vegetable  
Curry (100g)

½ Cup Curd (100 ml)

Salad (50g)

½ Cup \*Chicken or \*Meat (30g)



## Evening Snacks

04:00 pm

1 Seasonal Fruit (100g)  
(Banana/Orange/Guava)  
and Nuts  
(Peanuts/Til etc.) (30g)



## Dinner

08:00 pm

2 Cup Rice (100g) or  
4 Roti (100g)

½ Cup Red Gram  
or Chana (15g)

¼ Cup Green Leafy  
Vegetables (50g)

½ Cup Vegetable  
Curry (100g)

½ Cup Curd (100 ml)



## Bed Time

10:00 pm

Milk (100 ml)



### For Overweight Pregnant Woman

#### During Pregnancy

#### Reduce

Sugar, Refined  
Cereals and Oil

Moderate

Consumption of  
Nuts and Oilseeds



### Undernourished Pregnant Woman

#### Should Gain

Minimum 13 kg

#### During Pregnancy

#### Increase

Pulses,  
Oil and Nuts





**Normal  
(BMI 18.5 - 23.0)  
pregnant woman**

should gain minimum  
10kg by term



**Undernourished  
(BMI < 18.5)  
pregnant woman**

should gain minimum  
13kg by term



**Overweight  
(BMI > 23.0)  
pregnant woman**

should gain  
7-10kg by term

# Diet Chart for Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman - Central India

Meal Timing	Food Groups	Raw Amount (Serving size)		
		Normal (2260 kcal)	Undernourished (2410 kcal)	Overweight (2120 kcal)
Morning (6:30 am)	Milk	200 ml (1 Cup)	200 ml (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g (2 Parantha or 2 Katori Poha)	75g (2 Parantha or 2 Katori Poha)	70g (2 Parantha or 1-1½ Katori Poha)
	Green Leafy Vegetables/Dal	50g	50g	50g
	Pulses	15g	30 g	15g
	*Egg	50g (One)	50g (One)	50g (One)
Snack (10:30 am)	Seasonal Fruit	100g (One)	100g (One)	100g (One)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice / 4 Roti)	100g (2 Katori Rice / 4 Roti)	90g (1¾ Katori Rice / 3 Roti)
	*Flesh Foods	30g (½ Katori *Chicken/*Meat)	30g (½ Katori *Chicken/*Meat)	30g (½ Katori *Chicken/*Meat)
	Green Leafy Vegetables	50g	50g	50g
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Salad	50g	50g	50g
	Milk /Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
	Nuts	30g (¼ Cup or 1 Fistful)	35g (¼ Cup or 1 Fistful)	20g (1½ Tablespoon)
Dinner (8:00 pm)	Cereals	100g (2 Katori Rice / 4 Roti)	100g (2 Katori Rice / 4 Roti)	90g (1¾ Katori Rice / 3 Roti)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	50g (¼ Katori)	50g (¼ Katori)	50g (¼ Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Night (10:00 pm)	Milk	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

\*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

# Recommended Food Groups And Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

Food Groups (In Grams)	Normal Pregnant Woman	Undernourished Pregnant Woman	Overweight 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
SUGAR	10	10	00

## Food Options

**Breakfast:** Roti, Vegetable Stuffed Parantha, Poha, Sewai (Sweet/Salty), Besan Moong Cheela, Porridge, Dal Parantha, Khichdi, Sago, \*Omelette, \*Boiled Egg, etc.

**Snacks:** Besan Cheela, Tikki, Laapsi, Chirwa, Roasted Peanuts, Chana Chaat, Sprouts, Chakli, etc.

**Lunch & Dinner:** Rice/Roti, Bajra/Makki Roti, Khichdi, Dal, Vegetables Like Sarson Ka Saag, Methi Aloo, Aloo+Gobhi, Palak+Dal, Beans, Dum Aloo, Peas Curry, Carrots With Raita/Curd, Palak Roti, Baingan Ka Bharta, Dal Baati, \*Bhuna Gosht, \*Meat Curry, etc.

**Sweets:** Gulgula (Pua), Halwa (Gajar/Moong Dal), Phirni, Kheer (Carrot/Rice), Laapsi, Shahi Tukda, Besan Ladoo, Jalebi, etc.

**Green Vegetables:** Spinach, Methi, Amaranth, Moringa Leaves, Mint, Bathua, Sarson, etc.

**Fruits:** Banana, Orange, Guava, Mango, Sweet Lime, etc.

**Other Vegetables:** Lotus Stem, Raw Banana, Green Onion, Peas, Drumsticks, Turnip, Bottle Gourd, Tomato, Ladyfinger, Bitter Gourd, Brinjal, etc.

**Pulses:** Moong Dal (Split and Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal (Split Red Lentils), Sabut Masoor (Indian Brown Lentils), Toor Dal (Yellow Pigeon Peas), Hari Matar (Green Peas), White Peas, Bengal Gram, Urad, Soyabean, Moth Beans, etc.

**Nuts:** Groundnuts, Dried Coconut, Til, Water Melon Seeds, etc.



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## Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

## Don'ts



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

## Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
  - Use double fortified salt (Iron + Iodine) 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 \*egg/\*chicken/\*fish/\*meat
  - \*Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
- \*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

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