

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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