

## Diet during Pregnancy

### ***Dietary Recommendations for Pregnant Women***

- *A healthy diet during pregnancy is crucial for both mother and baby.*
- *Ensure your diet is nutritious and provides enough calories for healthy weight gain, but avoid eating too much or too little.*
- *You need approximately 300 additional calories per day, not double the amount of food.*

### ***Weight Gain Guidelines by BMI***

- **Normal weight (BMI 18.5 to 23.0):** Gain 10 to 12 kg by term.
- **Underweight (BMI < 18.5):** Gain 13 to 14 kg by term.
- **Overweight (BMI > 23.0):** Gain 7 to 10 kg by term.

### ***Nutrient Requirements***

- *Ensure your diet is balanced and provides:*
  - **Iron**
  - **Calcium**
  - **Folic acid**

### ***Additional Recommendations***

- *Do not diet or skip meals.*
- *Sources of key nutrients:*
  - **Iron:** Green leafy vegetables, seeds and nuts, pulses, fruits.
  - **Calcium:** Milk, dairy products, almonds, nuts.
  - **Folic acid:** Spinach, lettuce, salad.
- *Consider taking iron, calcium, and folic acid supplements if necessary.*

Does	Don'ts
<p>Include Vitamin C-rich fruits like gooseberries (amla), guava, and orange to improve iron absorption from plant foods.</p> <p>Add green leafy vegetables and other vegetables to your diet.</p> <p>Eat small, frequent meals (4-6 times per day).</p>	<p>Do not smoke, chew tobacco, or consume alcohol.</p> <p>Avoid carbonated beverages.</p> <p>Do not eat cooked food made with hydrogenated fat.</p> <p>Avoid sleeping immediately after eating any meal.</p> <p>Refrain from consuming tea, coffee, and other caffeinated drinks with or right after</p>

<p>Expose yourself to direct sunlight for at least 15 minutes daily to get sufficient vitamin D.</p> <p>Take supplements as recommended by your doctor (iron, calcium, folic acid, etc.).</p> <p>Consume green leafy vegetables, legumes, and nuts as they are good sources of folic acid.</p>	<p>meals.</p> <p>Do not lift heavy objects or engage in strenuous physical activities.</p>
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Sample diet chart feel free to adopt based on personal and regional dietary preferences.

Early Morning 06:30 am	Milk (200 ml)
Breakfast 08:00 am	Parantha / Poha, Green Leafy Vegetables, Dal, Boiled Egg/Paneer
Mid Morning 10:30 am	Seasonal Fruit
Lunch 01:00 pm	Rice/ Roti, Green Leafy Vegetables, Vegetable Curry, Curd, Salad *Chicken or *Meat
Evening Snacks 04:00 pm	1 Seasonal Fruit + nuts
Dinner 08:00 pm	Rice/Roti + Red Gram / Chana + Green Leafy Vegetables + Cup Vegetable Curry + Curd
Bed Time 10:00 pm	Milk (100 ml)

Nonvegetarians can replace pulsed with egg or meat or chicken.