



# 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.



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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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