



Region-wise Diet Charts

Draft for POSHAN Atlas

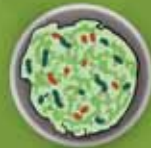




Region-Wise Diet Charts

Draft for POSHAN Atlas









Northern Region



Diet Charts for pregnant women – Northern Region

Meal	Sedentary Normal Weight	Sedentary Obese	Sedentary Underweight and Severely Underweight
			
Breakfast	<ul style="list-style-type: none"> 1 glass milk 2 missi roti/ 2 roti/ 2 paushtik cheela/ 1 katori soya poha / 1katori vegetable seviyan 1 katori vegetable/ 1katori dal curry/1katori egg curry 	<ul style="list-style-type: none"> 1 glass milk 1 missi roti/ 2 roti/ 2 paushtik cheela/ 1 katori soya poha/1katori vegetable seviyan 1 katori vegetable / 1 katori dal curry/1katori egg curry 	<ul style="list-style-type: none"> 1 glass milk 2 missi roti/2 roti/2 paushtik cheela/1 katorisoya poha/ 1 katori vegetable seviyan 1 katori vegetable/ 1 katori dal/1 katori egg curry
Mid -Morning	<ul style="list-style-type: none"> 2 murmura besan ladoos/1 katori murmura chaat/1katori ankurit chana chaat/ 3 chakli/ 1katori paushtik namakpara 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> 2 chana dal kebab/ 1 glass chhach/1 katori vegetable soup/1katori fruit raita/ 2 vegetable idli / 3-4 hariyali khaman dhokla 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> 2 murmura besan ladoos/1 katori sweet daliya/ 2 paushtik cheela/ 1katori cereal pulse premix/1 katori cereal pulse halwa 1 guava (1 whole seasonal fruit)
Lunch	<ul style="list-style-type: none"> 1 katori curd 1 katori rice 2 roti 1 katori vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori curd 3 roti 1 katori vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori curd 3 roti 1 katori vegetable ½ plate salad
Evening	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<ul style="list-style-type: none"> 1 Katori ankurit chana chaat/ 1 glass chhach/ 1 katori vegetable soup/1 katori fruit raita/ 2 vegetable idli/ 3-4 hariyali khaman dhokla 	<ul style="list-style-type: none"> 1 banana 1 glass milk
Dinner	<ul style="list-style-type: none"> 1 katori dal 1 roti 1 katori rice ½ plate salad 	<ul style="list-style-type: none"> 1 katori jowar chana pulao/1 katori vegetable seviyan/ 1 katori soya poha / 2 soya uttapam/1 katori daliya pulao/2 paushtik roti with 1 katori vegetable 	<ul style="list-style-type: none"> 1 katori dal 1 roti 1 katori rice ½ plate salad
*Post dinner			<ul style="list-style-type: none"> 1 katori sweet daliya/2 murmura besan ladoo/1 katori cereal pulse premix/ 4-5 sweet mathri

*Post dinner: For severely underweight pregnant women

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 2250 Kcal; Protein: 78g Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

Recipes



Cereal pulse premix



Cereal pulse halwa



Vegetable seviyan



Soya poha



Fruit raita/chhach



Ankurit chana chaat



Paushtik cheela



Roasted channa murmura chaat



Paushtik namakpara



Murmura besan ladoo



Golden sweet potato papad



Golden sweet potato chips



olden sweet potato sharbat



Mixed cereals methi ghatti



Ragi sattu sharbat



Flax seed ladoo



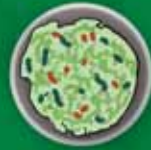
Garlic drumstick soup



Wheatgrass mathri






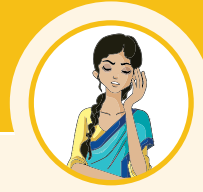
Iron rich chikki



North Eastern Region



Diet Charts for pregnant women – North Eastern Region

Meal	Sedentary Normal Weight	Sedentary Obese	Sedentary Underweight and Severely Underweight
 Breakfast	 <ul style="list-style-type: none"> • 1 glass milk • 2 katori rice • 1 katori vegetable/ 1 egg/ 1 katori dal 	 <ul style="list-style-type: none"> • 1 glass milk • 2 katori rice • 1 katori vegetable curry/ 1 egg/ 1 katori dal 	 <ul style="list-style-type: none"> • 1 glass milk • 2 katori rice • 1 katori vegetable curry/ 1 egg/ 1 katori dal
Mid -Morning	<ul style="list-style-type: none"> • 2 murmura besan ladoos/ 2 moong dal pitha • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 1 katori murmura chana chaat/ 1 moong dal pitha • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 murmura besan ladoos/ 2 dal pitha • 1 guava (1 whole seasonal fruit)
Lunch	<ul style="list-style-type: none"> • 2 roti • 1 katori egg rice • 1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori curd • 3 roti • 1 katori vegetable curry • ½ plate salad 	<ul style="list-style-type: none"> • 2 roti • 1 katori egg rice • 1 katori vegetable • ½ plate salad
Evening	<ul style="list-style-type: none"> • 1 banana • 1 glass milk 	<ul style="list-style-type: none"> • 1 katori vegetable soup with rice/ noodles and egg 	<ul style="list-style-type: none"> • 1 banana • 1 glass milk
Dinner	<ul style="list-style-type: none"> • 1 katori dal/ 1 katori meat/ chicken or fish curry • 2 katori rice • ½ plate salad 	<ul style="list-style-type: none"> • 2 kodo ki roti • 1 katori vegetable curry/ 1 katori dal/ 1 katori fish curry 	<ul style="list-style-type: none"> • 1 katori dal/ 1 katori meat/ chicken or fish curry • 2 roti • ½ plate salad
*Post dinner			<ul style="list-style-type: none"> • 1 katori rice kheer/ 2 atta sesame laddoo

*Post dinner: For severely underweight pregnant women

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 2250 Kcal; Protein: 78g Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

Recipes



Cereal pulse halwa



Soya poha



Paushtik namakpara



Vegetable soup



Chana dal kebab



Murmura chana chaat



Fish masala



Dal poha



Dal bajra parantha with curd



Shakarkandi chaat



Jalpan mix



Thekua







Mathri



Eastern Region



Diet Charts for pregnant women – Eastern Region

Meal	Sedentary Normal Weight	Sedentary Obese	Sedentary Underweight and Severely Underweight
			
Breakfast	<ul style="list-style-type: none"> • 1 glass milk • 2 sattu parantha/ 2 plain parantha/ 2 vegetable stuffed parantha/ 2 roti • 1 katori vegetable/ 1 egg/1 /kafori dal 	<ul style="list-style-type: none"> • 1 glass milk • 2 sattu roti/ 2 plain roti/2 vegetable stuffed parantha/ 2 roti • 1 katori vegetable/ 1 katori dal/1 egg 	<ul style="list-style-type: none"> • 1 glass milk • 2 sattu parantha/ 2 plain parantha/2 vegetable stuffed parantha/ 2 roti • 1 katori vegetable/ 1 katori dal/1 egg
Mid -Morning	<ul style="list-style-type: none"> • 2 atta besan thekua/ 2 murhi til ladoo/1 katori shakarpara • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 1 glass namkeen sattu sharbat • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 atta besan thekua/ 2 murhi til ladoo/1 katori shakarpara • 1 guava (1 whole seasonal fruit)
Lunch	<ul style="list-style-type: none"> • 1 katori dal/1 katori besan curry/ 1 katori curd • 2 katori rice • 1 roti • 1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori dal/ 1 katoribesan curry/ 1 katori curd • 1 katori rice • 2 roti • 1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori dal/1 katori besan curry/1 katoricurd • 2 katori rice • 1 roti • 1 katori vegetable • ½ plate salad
Evening	<ul style="list-style-type: none"> • 1 banana • 1 glass milk 	<ul style="list-style-type: none"> • 1 katori murmura chana chaat/ 1katori dal 	<ul style="list-style-type: none"> • 1 banana • 1 glass milk
Dinner	<ul style="list-style-type: none"> • 1 katori dal/fish curry • 1 katori rice • 1 roti OR <ul style="list-style-type: none"> • 2 katori khichdi/ 2 roti • 1 katori dry vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 2 paushtik roti • 1katori fish sabzi/ 1 katori dal 	<ul style="list-style-type: none"> • 1 katoridal/1katori fish curry • 1 katori rice • 1 roti OR <ul style="list-style-type: none"> • 1 plate khichdi/2 roti with1katori dal • 2 sandesh/2 rasgulla/1 katori payesh • 2 atta besan thekua/2 murhi til ladoo/1katorishakarpara
*Post dinner			

*Post dinner: For severely underweight pregnant women

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 2250 Koal; Protein: 78g Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

Recipes



Palak masoor kichdi with curd



Shakarkandi chaat



Aloo ka halwa



Pumpkin kheer



Vegetable soup



Fish masala



Soya poha



Cereal pulse halwa



Daliya pulao



Murmura besan ladoo



Thekua



Mathri



Suji Ladoo



Peda



Nutritious ladoo



Tishee/linseed ladoo



Ragi ladoo






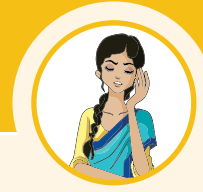
Jackfruit pickle



Western Region



Diet Charts for pregnant women – Western Region

Meal	Sedentary Normal Weight	Sedentary Obese	Sedentary Underweight and Severely Underweight
			
Breakfast	<ul style="list-style-type: none"> • 1 glass milk • 2 methi thepla/ • 2 masala bhakhri/ 2 ratla/ 2 stuffed parantha /1 katori vegetable upma / 1 katori vegetable poha/ 2 besan atta cheela • 1 katori vegetable/ 1 egg/1 katori dal 	<ul style="list-style-type: none"> • 1 glass milk • 2 masala bhakhri/ 2 ratla/ 2 stuffed parantha /1katori vegetable upma / 1 katori vegetable poha/ 2 besan atta cheela • 1 katori vegetable/ 1 egg/1 katoridal 	<ul style="list-style-type: none"> • 1 glass milk • 2 methi thepla/2 masala bhakhri/ 2 rat/a/2 stuffed parantha/1 katori vegetable upma/ 1 katori vegetable poha/ 2 besan atta cheela • 1 katori vegetable/ 1 katoridal/1 egg
Mid -Morning	<ul style="list-style-type: none"> • 2 thepla/2 khakra/ 2 dhokla/ 2 khandvi/ 2 handwa/ 2 puranpolil 2 pieces chikki/ 2 atta besan laddoo/ • 1 katorichurma • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 hariyalikhaman dhokla • 1 guava (1whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 thepla/ 2 khakra/ 2 dhokla/ 2 khandvi/ 2 handwa/ 2 puranpoli/ 2 pieces chikki or gajak/ 2 atta besan laddoo/1katori churma • 1 guava (1 whole seasonal fruit)
Lunch	<ul style="list-style-type: none"> • 1 katori curd/1 glass buttermilk/ 1katori raita • 3 roti • 1 katori undhiyu/ 1 katori vegetable • 1/2 plate salad 	<ul style="list-style-type: none"> • 1 katori curd • 3 roti • 1 katori undhiyu/ 1 katori vegetable • 1/2 plate salad 	<ul style="list-style-type: none"> • 1 katori curd/1 glass buttermilk/ 1 katori raita • 3 roti • 1 katori undhiyu/ 1 katori vegetable • ½ plate salad
Evening	<ul style="list-style-type: none"> • 1 banana • 1 glass milk 	<ul style="list-style-type: none"> • 2 khandvi/2 dhokla 	<ul style="list-style-type: none"> • 1 banana • 1 glass milk
Dinner	<ul style="list-style-type: none"> • 1 katoridal/kadhi/ dal dhokli • 2 roti • 1/2 plate salad 	<ul style="list-style-type: none"> • 1 katori daliya pulao 	<ul style="list-style-type: none"> • 1 katori dal/ • 1 katori kadhi/ 1 /katori dal dhokli • 2 roti • ½ plate salad • 2 atta besan thekua/2 murhi til laddoo/1 katorishakarpara
*Post dinner			<ul style="list-style-type: none"> • 1 katori faada lapsi/ 2 atta besan laddoo

*Post dinner: For severely underweight pregnant women

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 2250 Kcal; Protein: 78g Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

Recipes



Khakhras



Chakli



Paushtik Cheela



Daliya pulao



Murmura Besan Ladoo



Chhach



Hariyali Khaman Dhokla



Murmura chaat



Hariyali Bajra Khichdi



Karela thepla



Moong Dal Ladoo



Murmura Sattu Ladoo



Panjiri



Tilkuta



Paushtik Baati



Kachi Haldi Ki Sabji



Bathua Makka
Bajra Mathri



Papaya Chutney



Flaxseed Ladoo/Globs






Poha Ladoo



Central Region



Diet Charts for pregnant women – Central Region

Meal	Sedentary Normal Weight	Sedentary Obese	Sedentary Underweight and Severely Underweight
			
Breakfast	<ul style="list-style-type: none"> • 1 glass milk • 1 katori sago vegetable khichdi/1 katori vegetable poha/ 2 vegetable parantha Or <ul style="list-style-type: none"> • 2 roti with vegetable/ 1 egg/ 1 katori dal 	<ul style="list-style-type: none"> • 1 glass milk • 1 katori sago vegetable khichdi/1 katori vegetable poha/ 2 vegetable parantha/ 2 roti • 1 katori vegetable/ 1 egg/ 1 katori dal 	<ul style="list-style-type: none"> • 1 glass milk • 1 katori sago vegetable khichdi/1 katori vegetable poha/ 2 vegetable parantha/ 2 roti with vegetable/ 1 katori dal/ 1 egg
Mid -Morning	<ul style="list-style-type: none"> • 2 besan ladoos/2 chaklis/ 1 katori paushtik namakpare • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 1 katori murmura chana chaat • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 besan ladoos/2 chaklis/ 1 katori paushtik namakpare • 1 guava (1 whole seasonal fruit)
Lunch	<ul style="list-style-type: none"> • 1 katori curd • 3 roti • 1 katori vegetable • ½ plate salad Or <ul style="list-style-type: none"> • 1 plate dal bati • 1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori curd • 3 roti • 1 katori vegetable • ½ plate salad Or <ul style="list-style-type: none"> • 1 plate dal bati • 1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori curd • 3 roti • 1 katori vegetable • ½ plate salad Or <ul style="list-style-type: none"> • 1 plate dal bati • 1 katori vegetable • ½ plate salad
Evening	<ul style="list-style-type: none"> • 1 banana • 1 glass milk 	<ul style="list-style-type: none"> • 1 katori vegetable upma 	<ul style="list-style-type: none"> • 1 banana • 1 glass milk
Dinner	<ul style="list-style-type: none"> • 1 katori dal/ 1 katori meat curry • 2 roti • ½ plate salad Or <ul style="list-style-type: none"> • 1 plate khichdi • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori daliya pulao 	<ul style="list-style-type: none"> • 1 katori dal/ 1 katori meat curry • 2 roti • ½ plate salad Or <ul style="list-style-type: none"> • 1 plate khichdi • ½ plate salad
*Post dinner			<ul style="list-style-type: none"> • 1 katori sweet daliya/ cereal pulse premix/ 4-5 sweet mathri

*Post dinner: For severely underweight pregnant women

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 2250 Kcal; Protein: 78g Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

Recipes



Daliya Pulao



Murmura Besan Ladoo



Soya Poha



Murmura chana chaat



Paushtik Namakpara



Haryali Bajra Khichdi



Sattu Kebab



Dal bajra parantha



Fish Masala



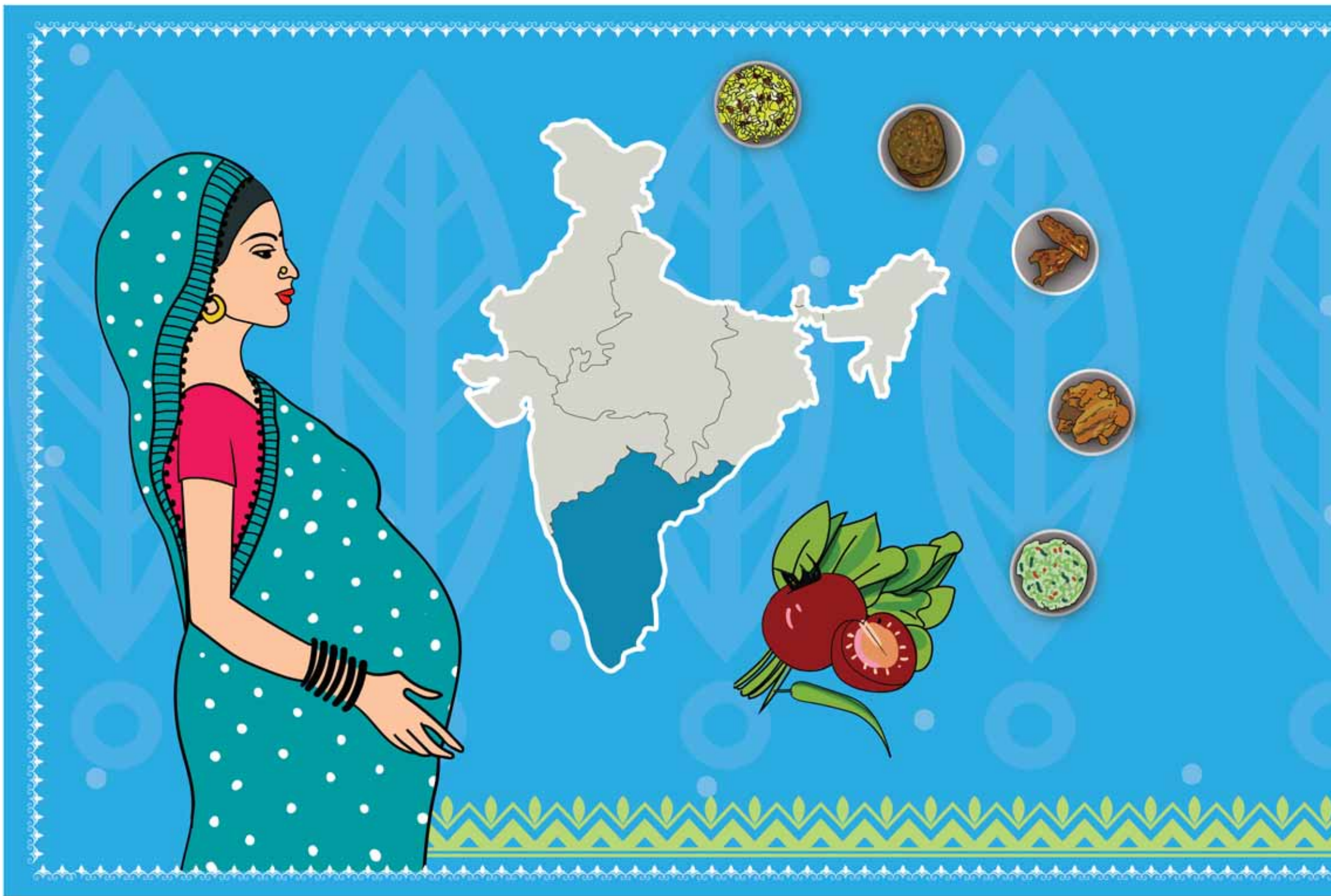
Chakli



Drumstick Leaf Powder







Drumstick Pod Powder



Southern Region



Diet Charts for pregnant women – Southern Region

Meal	Sedentary Normal Weight	Sedentary Obese	Sedentary Underweight and Severely Underweight
			
Breakfast	<ul style="list-style-type: none"> • 1 glass milk • 1 piece vada / • 1 piece uttapam/ • 2 pieces idli • 1 katori vegetable curry/1 egg OR <ul style="list-style-type: none"> • 1 glass milk • 1 /katori vegetable poha • 1egg/1 katoridal 	<ul style="list-style-type: none"> • 1 glass milk • 1 piece vada/1 piece uttapam/2 pieces idli • 1 katori vegetable curry /1 egg /1 katori sambhar OR <ul style="list-style-type: none"> • 1 glass milk • 1 katori vegetable upma/1 katori vegetable poha • 1 egg/1katori dal 	<ul style="list-style-type: none"> • 1 glass milk • 1 piece vada/ • 2 pieces idli/ 1 piece uttapam • 1 katori vegetable curry/1 egg OR <ul style="list-style-type: none"> • 1 glass milk • 1 katori vegetable upma/ poha/ 1 katori dal/1 egg
Mid -Morning	<ul style="list-style-type: none"> • 2 pieces murukku • 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 vegetable idli/ • 1 katori vegetable poha • 1 guava • (1 whole seasonal fruit) 	<ul style="list-style-type: none"> • 2 pieces murukku • 1 guava (1 whole seasonal fruit)
Lunch	<ul style="list-style-type: none"> • 1 katori curd/ 1 katori rasam • 2 katori rice • 1 roti • 1 katori avial sabji /1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori curd/ 1katori rasam • 1 katori rice • 2 roti • 1 katori avial sabji/ 1 katori vegetable • ½ plate salad 	<ul style="list-style-type: none"> • 1 katori curd/ 1 katori rasam • 2 katori rice • 1 roti • 1 katori avial sabji/ 1 katori vegetable • ½ plate salad
Evening	<ul style="list-style-type: none"> • 1 banana • 1 glass milk 	<ul style="list-style-type: none"> • 1 katori ankurit chana chaat 	<ul style="list-style-type: none"> • 1 banana • 1 glass milk
Dinner	<ul style="list-style-type: none"> • 1 katori sambar/ • 1 katori meat curry/ 1 katori fish curry • 2 katori rice • ½ katori chutney or ½ plate salad 	<ul style="list-style-type: none"> • 2 pieces soya uttapam 	<ul style="list-style-type: none"> • 1 katori sambar/ • 1 katori meat curry/ 1 katori fish curry • 2 katori rice • ½ katori chutney or ½ plate salad
*Post dinner			<ul style="list-style-type: none"> • 2 mysore pak/ 1 katori payasam/ 1 katori suji halwa

*Post dinner: For severely underweight pregnant women

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 2250 Kcal; Protein: 78g Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

Recipes



Vegetable idli



Soya Uttapam



Soya poha



Sprouts Upma



Dal vada



Ragi gram tikki with tamamrind chutney



Coconut rice



Fish masala



Ankurit chana chaat



Cereal pulse halwa



Millet chikki



Sorghum (jowar) cookie



Ragi ladoo



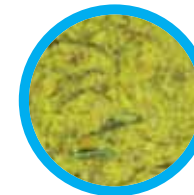
Vegetable biryani



Moringa pasta



Finger millet Idli/Dosa



Dalia/broken wheat khichdi



Sambhar rice



Groundnut ladoo



Mixed vegetable sabji

Do's



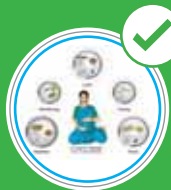
- Add variety of food items in your diet by which the daily requirements of all nutrients can be met



- Incorporate seasonal green leafy vegetables in daily diet by kneading them in dough for roti/parantha, preparing chutneys and snacks.



- Add nuts and oilseeds such as peanuts, walnuts, almonds, niger seeds (ram til), flax seeds (alsi), sesame seeds (til) etc. in snack and breakfast preparations.



- In case of nausea and/or vomiting, comply with the suggested meal pattern as you will be unable to meet your nutritional needs if you eat less than 3 meals in a day.



- To increase the absorption of iron in the body, include Vitamin C rich foods in your diet like amla, orange, guava, chutney, lemon, sprouts (Bengal gram whole or green gram whole) etc.



- Along with your daily home diet, consume supplementary nutrition provided by the Anganwadi centres regularly



- Sleep immediately after having meals Vanaspati ghee for cooking food



- Always use fortified (iodine)/ double fortified (iron and iodine) salt in your diet



- Consume 8-10 glasses of water daily and drink plenty of fluids throughout the day, such as lemon water, buttermilk (chaach), Lassi, coconut water, etc



- Expose yourself to direct sunlight for at least 15 minutes in a day



- Consume prescribed micronutrient supplements daily

Don'ts



❑ Tea/coffee/
aerated drinks
with meals



❑ Alcohol,
tobacco and
other addictive
substances



❑ Heavy physical work
(such as lifting heavy
equipment/goods)
or work requiring
long duration of
standing time or
more hours of work



❑ Washing
vegetables after
removing their
peels

