

Regional Diet Chart for Sedentary Normal Weight Pregnant Women



Meal	North	North East	East	West	Central	South
Breakfast	<ul style="list-style-type: none"> 1 glass milk 2 missi roti/ 2 roti/ 2 paushtik cheela/ 1 katori soya poha / 1 katori vegetable seviyan 1 katori vegetable/ 1 katori dal curry/ 1 katori egg curry 	<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 sattu parantha/ 2 plain parantha/ 2 vegetable stuffed parantha/ 2 roti 1 katori vegetable/ 1 egg/ 1 katori dal 	<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 1 katori sago vegetable khichdi/ 1 katori vegetable poha/ 2 vegetable parantha OR 2 roti with vegetable/ 1 egg/ 1 katori dal 	<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 1 glass milk 1 katori vegetable poha 1 egg/ 1 katori dal
Mid morning	<ul style="list-style-type: none"> 2 murmura besan ladoos/ 1 katori murmura chaat/ 1 katori ankurit chana chaat/ 3 chakli/ 1 katori paushtik namakpara 1 guava (1 whole seasonal fruit) 	<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"> 2 atta besan thekua/ 2 murhi til ladoo/ 1 katori shakarpara 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> 2 thepla/2 khakra/ 2 dhokla/ 2 khandvi/ 2 handwa/ 2 puran poli/ 2 pieces chikki/ 2 atta besan ladoo/ 1 katori churma 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) 	<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 rice 2 roti 1 katori vegetable ½ plate salad 	<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 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 curd/1 glass buttermilk/ 1 katori raita 3 roti 1 katori undhiyu/ 1 katori vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori curd 3 roti 1 katori vegetable ½ plate salad OR 1 plate dal bati 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 banana 1 glass milk 	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<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 dal/ meat/chicken or fish curry 2 katori rice ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ fish curry 1 katori rice 1 roti OR 2 katori khichdi/ 2 roti 1 katori dry vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ kadhi/ dal dhokli 2 roti ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ 1 katori meat curry 2 roti ½ plate salad OR 1 plate khichdi ½ plate salad 	<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

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

- In the first trimester, consume at least 3 main meals (Breakfast, lunch and dinner) and 1 nutritious snack (Mid-morning/Evening)
- In the second and third trimester, have 3 main meals (Breakfast, lunch and dinner) and 2 nutritious snacks (Mid-morning and Evening)

Regional Diet Chart for Sedentary Obese Pregnant Women



Meal	North	North East	East	West	Central	South
Breakfast	<ul style="list-style-type: none"> 1 glass milk 2 missi roti/ 2 roti/ 2 paushtik cheela/ 1 katori soya poha /1 katori vegetable seviyan 1 katori vegetable / 1 katori dal curry/ 1 katori egg curry 	<ul style="list-style-type: none"> 1 glass milk 2 katori rice 1 katori vegetable curry/ 1 egg/ 2 katori 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 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 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 piece vada/ 1 piece uttapam/ 2 pieces idli 1 katori vegetable curry / 1 egg /1 katori sambhar OR 1 glass milk 1 katori vegetable upma/1 katori vegetable poha 1 egg/ 1 katori dal
Mid morning	<ul style="list-style-type: none"> 2 chana dal kebab/ 1 glass chhach/ 1 katori vegetable soup/ 1 katori fruit raita/ 2 vegetable idli / 3-4 hariyali khaman dhokla 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"> 1 glass namkeen sattu sharbat 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> 2 hariyali khaman dhokla 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 vegetable idli/ 1 katori vegetable poha 1 guava (1 whole seasonal fruit)
Lunch	<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 curry ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ 1 katori besan curry/ 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 undhiyu/ 1 katori vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori curd 3 roti 1 katori vegetable ½ plate salad OR 1 plate dal bati 1 katori vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori curd/ 1 katori rasam 1 katori rice 2 roti 1 katori avial sabji/ 1 katori vegetable ½ plate salad
Evening	<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 katori vegetable soup with rice/ noodles and egg 	<ul style="list-style-type: none"> 1 katori murmura chana chaat/ 1 katori dal 	<ul style="list-style-type: none"> 2 khandvi/ 2 dhokla 	<ul style="list-style-type: none"> 1 katori vegetable upma 	<ul style="list-style-type: none"> 1 katori ankurit chana chaat
Dinner	<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"> 2 kodo ki roti 1 katori vegetable curry/ 1 katori dal/ 1 katori fish curry 	<ul style="list-style-type: none"> 2 paushtik roti 1 katori fish sabzi/ 1 katori dal 	<ul style="list-style-type: none"> 1 katori daliya pulao 	<ul style="list-style-type: none"> 1 katori daliya pulao 	<ul style="list-style-type: none"> 2 pieces soya uttapam

Cooked volume in katori: 200 ml; 1 glass: 250 ml; Energy: 1750-2100 Kcal; Protein: 78g

Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

- Eat smaller meals throughout the day; have 3 main meals and 2 nutritious snacks. Replace any one main meal with nutritious recipe and replace any two small meals with nutritious snacks
- Choose fat free/low fat milk/skim milk over full cream milk
- Do not eat fried, junk and sweetened food items like chips, pakora, sweets, pizza, burger, cold drinks, etc
- Do not consume heavy meals at one time

Regional Diet Chart for Sedentary Underweight and Severely Underweight Pregnant Women



Meal	North	North East	East	West	Central	South
Breakfast	<ul style="list-style-type: none"> 1 glass milk 2 missi roti/ 2 roti/ 2 paushtik cheela/ 1 katori soya poha / 1 katori vegetable seviyan 1 katori vegetable/ 1 katori dal/ 1 katori egg curry 	<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 sattu parantha/ 2 plain parantha/ 2 vegetable stuffed parantha/ 2 roti 1 katori vegetable/ 1 katori dal/ 1 egg 	<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 katori dal/ 1 egg 	<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 	<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 1 glass milk 1 katori vegetable upma/ poha/ 1 katori dal/ 1 egg
Mid morning	<ul style="list-style-type: none"> 2 murmura besan ladoos/ 1 katori sweet daliya/ 2 paushtik cheela/ 1 katori cereal pulse premix/ 1 katori cereal pulse halwa 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) 	<ul style="list-style-type: none"> 2 atta besan thekua/ 2 murhi til laddoo/ 1 katori shakarpara 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> 2 thepla/ 2 khakra/ 2 dhokla/ 2 khandvi/ 2 handwa/ 2 puran poli/ 2 pieces chikki or gajak/ 2 atta besan laddoo/ 1 katori churma 1 guava (1 whole seasonal fruit) 	<ul style="list-style-type: none"> 2 besan ladoos/ 2 chaklis/ ½ katori paushtik namakpare 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 3 roti 1 katori vegetable ½ plate salad 	<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 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 curd/ 1 glass buttermilk/ 1 katori raita 3 roti 1 katori undhiyu/ 1 katori vegetable ½ plate salad 	<ul style="list-style-type: none"> 1 katori curd 3 roti 1 katori vegetable ½ plate salad OR 1 plate dal bati 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 banana 1 glass milk 	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<ul style="list-style-type: none"> 1 banana 1 glass milk 	<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 dal/ 1 katori meat/chicken or fish curry 2 katori rice ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ 1 katori fish curry 1 katori rice 1 roti OR 1 plate khichdi/ 2 roti with 1 katori dal ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ 1 katori kadhi/ 1 katori dal dhokli 2 roti ½ plate salad 	<ul style="list-style-type: none"> 1 katori dal/ 1 katori meat curry 2 roti ½ plate salad OR 1 plate khichdi ½ plate salad 	<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"> 1 katori sweet daliya/ 2 murmura besan laddoo/ 1 katori cereal pulse premix/ 4-5 sweet mathri 	<ul style="list-style-type: none"> 1 katori rice kheer/ 2 atta sesame laddoo 	<ul style="list-style-type: none"> 2 sandesh/ 2 rasgulla/ 1 katori payesh 2 atta besan thekua/ 2 murhi til laddoo/ 1 katori shakarpara 	<ul style="list-style-type: none"> 1 katori faada lapsi/ 2 atta besan laddoo 	<ul style="list-style-type: none"> 1 katori sweet daliya/ cereal pulse premix/ 4-5 sweet mathri 	<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: 2400-2600 Kcal; Protein: 78 – 90 g

Non-vegetarians can replace 30 g pulse preparation with 40 g meat/fish/chicken or 1 egg

- If you are underweight, consume at least 3 main meals (Breakfast, lunch and dinner) and 2 nutritious snacks (Mid-morning/Evening)
- If you are severely underweight, have 3 main meals (Breakfast, lunch and dinner) and 3 nutritious snacks Mid-morning, evening and post-dinner)

General Considerations to Keep in Mind for all Pregnant Women

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



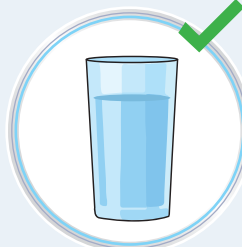
- Add nuts and oilseeds such as peanuts, walnuts, almonds, niger seeds (*ram til*), flax seeds (*alsi*), sesame seeds (*til*) etc. in snack and breakfast preparations
- In case of nausea and/or vomiting, comply with the suggested meal pattern as you will be unable to meet your nutritional needs if you 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



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

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

- 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



- Consume prescribed micronutrient supplements daily

Don'ts:



- Tea/coffee/aerated drinks with meals

- Alcohol, tobacco and other addictive substances



- Sleep immediately after having meals
- *Vanaspati ghee* for cooking food



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

- Washing vegetables after removing their peels