



Towards a new dawn

Ministry of Women and Child Development



**icmr** **NIN**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH NATIONAL INSTITUTE  
OF NUTRITION

ICMR-National Institute of Nutrition



सत्यमेव जयते

Government of India



राष्ट्रीय ग्रामीण स्वास्थ्य मिशन  
(2005-2012)

# DIET CHART FOR PREGNANT WOMEN

in

## North-East India



### Early Morning

**6:30 am**

**Milk (200 ml)**

*Note: In case of  
nausea and vomiting  
consume toast/rusk  
before milk*



### Breakfast

**8:00 am**

**Putharo Rice Cake  
(75 g, ½ cup) with  
(Pulse (15g ¼ cup)  
& Green Leafy  
Vegetables (50g ½  
cup) for vegetarians,  
\*Chicken or Meat  
(15g, ¼ cup)**



### Mid Morning

**10:30 am**

**Seasonal fruit  
(100g)**



### Lunch

**1:00 pm**

**2 cups Rice (100g)  
or 3 Rotis (100g),  
Green Leafy  
Vegetable (50g, ½  
cup) Vegetable  
curry (100g, ½  
cup), A piece of  
lemon & curd (100  
ml, ½ cup), \*Fish  
(30g, ½ cup)**



### Evening Snacks

**4:00 pm**

**1 seasonal fruit  
(100g) (Banana/  
orange/ guava) and  
Nuts (peanut/thil)  
(30g)**



### Dinner

**8:00 pm**

**2 cups Rice (100g)  
Lentil (15g, ¼ Cup)  
Green Leafy  
Vegetable (50g, ½  
cup), Vegetable  
curry (100g, ½ Cup)  
Milk (100 ml) Salad  
(50g)**



### Bed time

**10:00 pm**

**Milk (100 ml)**

### For Overweight Pregnant Women

**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 & Nuts

## Diet Chart for **Normal Pregnant Woman** and **Malnourished (Undernourished/Overweight) Pregnant Woman – North East India**

Meal Timing	Food groups	Raw amount (Serving size)		
		Normal (2260 kcal)	Under-nourished (2410 kcal)	Overweight (2120 kcal)
Morning (6.30 AM)	Milk	200 ml (1 cup)	200 ml (1 cup)	200 ml (1 cup)
	Sugar	5 g (1 Teaspoon)	5 g (1 Teaspoon)	--
Breakfast (8.00 AM)	Cereals	75 g (3roti or 1Katori Putharo rice cake)	75 g (3 roti or 2 Katori Putharo rice cake)	70 g (2 roti or 1 ½ Katori Putharo rice)
	Pulses/ *Chicken or *Meat	15 g (1/2 cup)	30 g (1/2 cup)	15 g (1/2 cup)
Snack (10.30AM)	Seasonal fruit	100 g (one medium)	100 g (one medium)	100 g (one medium)
Lunch (1.00 PM)	Cereals	100 g (2 Katori Rice/ 3 bajra Roti)	100 g (2 Katori Rice)	90 g (1 ¾ Katori Rice)
	*Flesh foods	30 g (1/2 Katori fish)	30 g (1/2 Katori fish)	30 g (1/2 Katori fish)
	Green leafy vegetable	75 g (1/4 Katori)	75 g (1/4 Katori)	75 g (1/4 Katori)
	Vegetables	100 g (1/2 Katori)	100 g (1/2 Katori)	100 g (1/2 Katori)
	Milk/Curd	100 ml (1/2 Katori curd)	100 ml (1/2 Katori curd)	100 ml (1/2 Katori curd)
Evening (4.00 PM)	Nuts	30 g (1/4 cup or 1 fistful)	35 g (1/4 cup or 1 fistful)	20 g (1 ½ Tablespoon)
	Seasonal fruit	100 g (one medium)	100 g (one medium)	100 g (one medium)
Dinner (8.00 PM)	Cereals	100 g (2 Katori Rice/3 bajra Roti)	100 g (2 Katori Rice)	90 g (1 ¾ Katori Rice)
	Pulses	15 g (1 Katori)	30 g (1 Katori)	15 g (1/2 Katori)
	Green leafy vegetable	75 g (1/4 katori)	75 g (1/4 katori)	75 g (1/4 katori)
	Vegetables	100 g (1/2 cup)	100 g (1/2 cup)	100 g (1/2 cup)
	Milk/Curd	100 ml (1/2 cup)	100 ml (1/2 cup)	100 ml (1/2 cup)
Night (10.00 PM)	Milk	100 ml (1/2 cup)	100 ml (1/2 cup)	100 ml (1/2 cup)
	Sugar	5 g (1 Teaspoon)	5 g (1 Teaspoon)	---

\*Measures: 1 cup / Katori = 200 ml

\* Non-veg items like Fish/Egg/Chicken can be consumed as per social acceptability & availability

**Recommended food groups and raw amounts (in grams)  
to meet dietary requirements of pregnant woman per day**

Food groups	Normal pregnant woman	Undernourished pregnant woman	Over weight 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
Sugars	10	10	00

## Food Options

Breakfast	<b>Pumaloi, Pusaw (traditional Khasi cake), Pukhliein (Fried Rice Cake and Dumped in Jaggery syrup), Yam, Pudoh (Khasi Red Rice), Sweet Potato (Boiled), Ja-shulia (Steamed Sticky Rice), Chira, Khura, Momos, Dhal Bhath, Pitaguri, Tilta, Luchi, Ghungni *Omelette Putharo [(Steamed Rice Cake)(usually have with Meat or chicken)], etc.</b>	
Snacks	<b>Thukpa (Noodles), Momos (Vegetable, * Meat), Pitha (Pan cake), Sanpiau etc.</b>	
Lunch & Dinner	<b>Rice (Plain Rice/ Red Rice/ Jadoh), Dal, Boiled Vegetables, Fried Vegetable, Chutney (either Dhania Chutney), Tungrymbai (Fermented Soyabean, Segame Seeds), Bamboo shoot curry, Jack fruit curry, Apong, Thupka, pasa, Monpa, Pekha, Nagtok, Gundruk, Dhindo, Bohra, Donbori *Soup with Non- Veg, Fish Fry/ Chicken/Mutton (Smoked/Fried) Umshit (like Rasam, Non-Veg Curry) fermented fish, Iromba (fish+Potato), Meat/ chicken/ fish curry etc.</b>	
Sweets	<b>Kheer Payasam (with black rice), Sandesh, Kheer, Pitha, Rava Ladoo, Tikli Pitha, Khaja, Coconut Ladoo etc.</b>	
Green Vegetables	<b>Methi, spinach, sorrel leaves etc.</b>	
Fruits	<b>Pine-apple, Banana, Khasi Mandarin Orange, Plum, Peach, Pear, Guava, Papaya, Jack-fruit, Lemons</b>	
Other Vegetables	<b>Radish, Beetroot, Potato, Colocasia, Brinjal, Cauliflower, Pumpkin, Tomato, Squash, Tender Bamboo shoots Cucumber, French Bean, Cabbage, Peas, etc.</b>	

\* Non-veg items like Fish/Egg/Chicken can be consumed as per social acceptability & availability



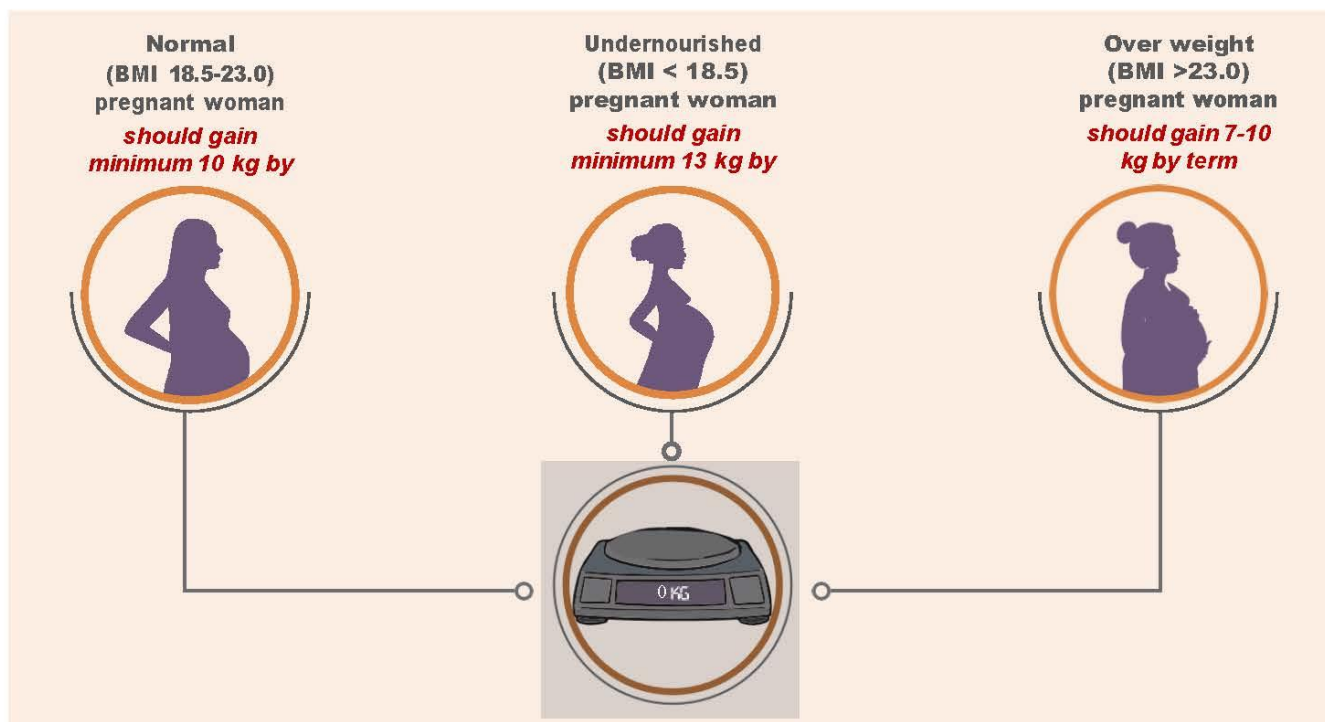
- Vitamin C - rich fruits like gooseberries (Amla), guava and orange should be included in the diet to improve iron absorption of plantfoods
- Add green leafy vegetables and other vegetables in your daily diet (eg. Methi roti, Palak roti, Vegetable Idli, Vegetable dosa)
- In case of nausea and vomiting 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 AWC and micronutrient supplements as per doctor's advice
- Add variety of food items in your daily diet by which daily requirement of all the nutrients can be met
- Green leafy vegetables, legumes and nuts are good sources of folic acid

- Smoke or chew tobacco and consume alcohol
- Consume carbonated beverages
- Eat cooked food made with hydrogenated fat
- Sleep immediately after eating meal
- Wash vegetables after peeling
- Consumption of tea, coffee and other caffeinated drinks along with meals or after meals
- Lifting heavy objects or strenuous physical activity



## Points to keep in mind for diet of pregnant women

- 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 women, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished pregnant women and 20g oil (15g of vegetable oil and 5g butter or ghee) for overweight pregnant women.
- Use double fortified salt 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 chicken/ fish/meat/egg
- Flesh foods: Instead of 30g / day, one can consume 100 – 60g 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 13 kg, Over weight (BMI >23.0) pregnant woman should gain 7-10 kg by term



Content provided by