



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

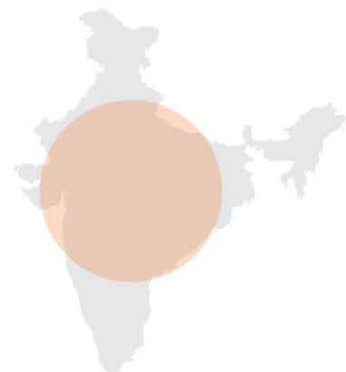


सत्यमेव जयते

Government of India



# DIET CHART FOR PREGNANT WOMEN in Central 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

**2 Paratha (75g) or  
Poha (75g, 1 cup)  
Green Leafy  
Vegetable (50g +  
dal (15g, ½ cup),  
\*Boiled egg one  
in number/  
paneer (30g)**



## Mid Morning

10:30 am  
**Seasonal fruit  
(100g)**



## Lunch

1:00 pm

**2 cups Rice (100g)  
or 4 Roti (100g)**

**Green Leafy  
Vegetable (50g,  
½ cup),**

**Vegetable curry  
(100g, ½ cup),**

**Curd (100 ml, ½ cup)**

**Salad (50g)**

**\*Chicken or Meat  
(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) or 4  
Roti (100g)**

**Red gram or chana (15g  
½ cup), Green Leafy  
Vegetable (50g, ¼  
cup) Vegetable curry  
(100g ½ cup) Curd  
(100 ml, ½ cup)**

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## 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 – Central 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 (2 parathas or 1-1½ Katori Poha)	75 g (2 parathas or 2 Katori Poha)	70 g (2 parathas or 1-1½ Katori Poha)
	Green Leafy Vegetable dal curry	50 g	50 g	50 g
	Pulses	15 g	30 g	15 g
	*Egg	50 g (One)	50 g (One)	50 g (One)
	Seasonal fruit	100 g (one)	100 g (one)	100 g (one)
Lunch (1.00 PM)	Cereals	100 g (2 Katori Rice/3 Roti or Rotis)	100 g (2 Katori Rice/3 Roti or Rotis)	90 g (1 ¾ Katori Rice/3 Roti or Rotis))
	*Flesh foods	30 g (1/2 Katori Chicken/meat)	30 g (1/2 Katori Chicken/meat)	30 g (1/2 Katori Chicken/meat)
	Green leafy vegetable	50 g + 100 g	50 g + 100 g	50 g + 100 g
	Vegetables	(1/2 Katori)	(1/2 Katori)	(1/2 Katori)
	Milk/ Curd	100 ml (1/2 Katori curd)	100 ml (1/2 Katori curd)	100 ml (1/2 Katori curd)
	Salad	50 g	50 g	50 g
Evening (4.00 PM)	Nuts	30 g (1/4 cup or 1 fistful)	35g (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/4 Rotis)	100 g (1 ¾ Katori Rice/4 Rotis)	90 g (1 ¾ Katori Rice/3 Rotis)
	Pulses	15 g (1/2 Katori)	30 g (1Katori)	15 g (1/2 Katori)
	Green leafy vegetable	50 g (1/4 katori)	50 g (1/4 katori)	50 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)
	Milk	100 ml (1/2 cup)	100 ml (1/2 cup)	100 ml (1/2 cup)
Night (10 PM)	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	Roti, vegetable stuffed parantha, poha, sewai (sweet/salt), besan moong cheela, porridge, dal parantha, khichri, sago, *omlette, boiled egg, etc.	
Snacks	Besan cheela, tikki, laapsi, chirwa, roasted peanut, chana chaat, sprouts, chakli, etc.	
Lunch & Dinner	Rice/ roti, bajra/ makki roti, kichri, dal, vegetable like sarson ka sag, methi aloo, aloo+gobhi, palak+dal, beans, dum aloo, peas curry, carrots with raita/curd, soya vadai vegetable, palak roti, baingan ka bartha, dal batti, *bhuna goshth, meat curry etc.	
Sweets	Gulgula (pua), halwa (gajar/moong dal), phirni, kheer (carrot/rice), laapsi, shahi tukda, besan ladoo, jalebi, etc.	
Green Vegetables	Spinach, Methi, Amaranth, Moringa Leaves, Mint, Bathua, Sarson etc.	
Fruits	Banana, Orange, Guava, Mango, Sweet Lime, etc.	
Other Vegetables	Lotus stem, raw banana, green onion, peas, drumsticks, turnip, bottle gourd, tomato, ladyfinger, bitter gourd, brinjal etc.	
Pulses	Mung daal (split and skinned green gram), Chawli daal (black eyed beans), Masoor daal (split red lentils), Sabat masoor (Indian Brown lentils), Toordaal (yellow pigeon peas), Hari matar (green peas), White peas, Bengal gram, Urad, Soyabean, Moth beans, etc.	
Nuts	Groundnut, Dried coconut, thil, Water melon seeds, etc.	

\* 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 plant foods
- 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

**Normal (BMI 18.5-23.0)**  
pregnant woman  
*should gain minimum 10 kg by*



**Undernourished (BMI < 18.5)**  
pregnant woman  
*should gain minimum 13 kg by*



**Over weight (BMI >23.0)**  
pregnant woman  
*should gain 7-10 kg by term*



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**POSHAN Abhiyaan**  
PM's Overarching  
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सही पोषण - देश रोशन