



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
West 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

**Poha (75g) 1 cup or
Parata and Green
Leafy Vegetable dal
(15g, ½ cup) Veg
curry (100g, ½ cup)**



*** Boiled egg (1)/
Paneer (30g)**

Mid Morning

10:30 am

**Seasonal fruit
(100g)**



Lunch

1:00 pm



**2 cups rice (100g)
or 4 roti (bhakri)
Green Leafy
Vegetable curry
(50g ¼ cup), Curd
(100ml), Salad (50g),
* Fish or Meat (30g,
½ Cup)**



Evening Snacks

4:00 pm



**1 Seasonal fruit
(100g) (Banana/
orange/guava) and
Nuts (Peanut/til
etc.) (30g)**



Dinner

8:00 pm

**2 cups rice (100g) or
3 bajri roti (100g)
Lentil (15g, ¼ Cup)
Green Leafy Vegetable
curry (50g, ¼ Cup)
Vegetable curry
(100g, ½ cup)
Curd (100 ml, ½ Cup)**



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** – West 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 (3 roti or 1 Katori Poha)	75 g (2 paratha/ puffed rice)	70 g (2 roti/1 Katori puffed rice)
	Green Leafy Vegetable + Dal	50 g	50 g	50 g
	Pulses	15 g	30 g	15 g
	Vegetables	100 g (1/2 Katori)	100 g (1/2 Katori)	100 g (1/2 Katori)
	*Eggs	50 g (One)	50 g (One)	50 g (One)
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 Roti or phulkas)	100 g (2 Katori Rice/ 3 bajra Roti)	90 g (1 ¾ Katori Rice/2 bajra Roti)
	*Flesh foods	30 g (1/2 Katori fish)	30 g (1/2 Katori fish)	30 g (1/2 Katori fish)
	Green leafy vegetable	50 g (1/4 Katori)	50 g (1/4 Katori)	50 g (1/4 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)	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)	90g (1 ¾ Katori Rice/2 Bajra Roti)	90g (1 ¾ Katori Rice/2 Bajra Roti)
	Pulses	15 g (1/4 Katori)	30 g (1/2 Katori)	15 g (1/4 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)
Night (10 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 foods (in grams) to meet dietary requirements of pregnant woman 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

Vada pav, pav bhaji, misal pav, poha, daliya, upma, missi roti, idli, dosa, chapati, sabji, rice/roti with sabji, milk, alu paratha, thepla, dokhla, ragada, bhel puri, *egg omelette, etc.



Snacks

Chiwda, multigrain laddu, khaman dokhla, lapsi, sukadi, fafada, misal pav, thepla (methi), bhel, batata vada, chakli, sago vada, muthiya (with glvs or bottle gourd), khakhra, masala bhakri, shira (halwa), etc.



Lunch & Dinner

Dal-Bafale, bengan ka barta, dal-chawal roti sabji, dal-chawal, bhakari (rice/jowar, bajari and ragi), butter milk, curd, kadhi, jhunka+bhakhar, usal, ragi rotla (bajara/jowar/ragi), khichadi kadhi, *fish mutton curry, *chicken, *eggs curry, *prawn curry, *fish curry, *pomfret etc.



Sweets

Shreekhand, puran poli, sheera, kheer, chikki, besan laddoo, churma, basundi, etc.



Green Vegetables

Spinach, Methi leaves, Amaranth leaves, Moringa leaves, Mint, Bathua, Fenugreek leaves, Drumstick leaves, etc.



Fruits

Banana, orange, guava, mango, sapota, pomegranate, custard apple, apple, jamun, pine-apple, sweetlime, grapes etc.



Other Vegetables

Tomato, potato, elephant foot yam, carrot, cauliflower, pumpkin, bitter gourd, bottle gourd, cabbage, capsicum, ladyfinger, brinjal, guar beans, cucumber, peas, etc.



Pulses

Mung daal (split and skinned green gram), chawli daal (black eyed beans), masoor daal, brown lentils, toor daal, green peas, white peas, bengal gram (chana), urad, soyabean, moth beans etc.



Nuts

Groundnut, Dried coconut, Water melon seeds, Thil 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) is 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

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**POSHAN
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