


TRIMESTER DIET CHARTS

Practical Indian Meal Plans for Healthy Pregnancy

By Dr. Pragya Ojha | Vama Hospital, Varanasi

 Good Nutrition = Healthy Baby

Eat right, grow right! This guide provides practical Indian meal plans designed for each trimester. All meals are delicious, culturally appropriate, and scientifically balanced.

DAILY NUTRITION PYRAMID BY TRIMESTER

1ST TRIMESTER	2ND TRIMESTER	3RD TRIMESTER
1,800 cal/day 60g protein 600mcg folic acid 27mg iron	2,200 cal/day 75g protein 600mcg folic acid 27mg iron	2,500 cal/day 100g protein 600mcg folic acid 27mg iron

FIRST TRIMESTER DIET (Weeks 1-12)

Focus: Folic Acid + Iron + Managing Nausea

Focus Foods:

- ✓ Spinach, Methi, Chickpeas, Lentils (Folic Acid)
- ✓ Dates, Raisins, Red Meat, Pomegranate (Iron)
- ✓ Paneer, Eggs, Milk, Yogurt (Protein)

SAMPLE DAY (1st Trimester):

Breakfast (7-8 AM)

Meal: Whole wheat toast + paneer + orange juice

Why: Folic acid + Protein + Vitamin C

Mid-morning (10 AM)

Meal: Milk + almonds + ginger biscuit

Why: Calcium + Iron + Manages nausea

Lunch (1 PM)

Meal: Dal + brown rice + spinach curry + yogurt

Why: Iron + Folic Acid + Probiotics

Snack (4 PM)

Meal: Dates + banana

Why: Iron + Energy + Potassium

Dinner (7 PM)

Meal: Vegetable soup + wheat bread + boiled eggs

Why: Nutrients + Light (easier to digest)

Managing Morning Sickness (Key Tips):

- ✓ Eat small, frequent meals (5-6 meals/day, not 3 large ones)
- ✓ Ginger tea (ginger + lemon + honey) - works for many women
- ✓ Dry biscuits upon waking - eat before getting up
- ✓ Avoid spicy, oily, strong-smelling foods
- ✓ Stay hydrated - drink water frequently throughout day
- ✓ Cold foods often easier than hot foods
- ✓ Eat foods you crave (if healthy)

SECOND TRIMESTER DIET (Weeks 13-26)

Focus: Protein + Calcium + Baby Growth

Focus Foods:

- ✓ Fish, Chicken, Paneer, Eggs, Dal (Protein)
- ✓ Milk, Yogurt, Cheese, Sesame Seeds, Almonds (Calcium)
- ✓ All vegetables, whole grains (Nutrients)

SAMPLE DAY (2nd Trimester):

Breakfast (7-8 AM)

Meal: Ragi porridge + milk + jaggery + banana

Why: Calcium + Iron + Energy boost

Mid-morning (10 AM)

Meal: Peanut butter + whole wheat bread

Why: Protein + Healthy fats

Lunch (1 PM)

Meal: Chicken curry + brown rice + green salad + yogurt

Why: Protein + Growth + Probiotics

Snack (4 PM)

Meal: Milk + almonds + dates

Why: Calcium + Iron + Energy

Dinner (7 PM)

Meal: Spinach dal + paneer curry + wheat roti + cucumber salad

Why: Folic acid + Protein + Minerals

Solving Common 2nd Trimester Issues:

Heartburn? → Eat smaller meals • Avoid spicy foods • Drink milk • Elevate head when sleeping

Leg Cramps? → Increase calcium • Eat almonds & sesame seeds • Stretch legs • Stay hydrated

Constipation? → Eat fiber (veggies, fruits) • Drink water • Eat prunes • Light exercise

THIRD TRIMESTER DIET (Weeks 27-40)

Focus: Energy + Protein + Easy Digestion

Focus Foods:

- ✓ Fish, Eggs, Chicken, Paneer, Dal (Protein & Energy)
- ✓ Whole grains, Nuts, Seeds (Sustained Energy)
- ✓ All colors of vegetables (Complete nutrition)

SAMPLE DAY (3rd Trimester):

Breakfast (7-8 AM)

Meal: Whole wheat paratha + paneer + milk + banana

Why: Energy + Protein + Complete meal

Mid-morning (10 AM)

Meal: Coconut water + almonds

Why: Hydration + Electrolytes + Energy

Lunch (1 PM)

Meal: Fish curry + brown rice + vegetable salad + yogurt

Why: Protein + DHA (brain) + Probiotics

Snack (4 PM)

Meal: Milk + dry fruits (dates, raisins)

Why: Calcium + Iron + Energy for labor prep

Dinner (7 PM)

Meal: Vegetable dal + wheat roti + simple salad

Why: Easy to digest + Nutrients

Preparing Your Body for Labor:

- ✓ Eat nutrition-dense meals for ENERGY
- ✓ Stay well-hydrated - drink water constantly
- ✓ Avoid heavy, oily foods (may cause acidity)
- ✓ Eat dates in last month (dates may help with labor)
- ✓ Eat dark leafy greens for iron (energy for labor)
- ✓ Keep simple foods available for quick energy

FOODS TO AVOID (Safety Rules)

- Raw/Undercooked: Meat, eggs, fish → Risk of harmful bacteria (Salmonella, Listeria)
- Unpasteurized: Milk, soft cheese, ice cream → Listeria risk
- High Mercury Fish: Shark, swordfish, king mackerel → May harm baby's brain
- Processed Foods: Excess salt/sugar, preservatives → Health risks
- Excess Caffeine: >200mg/day (1-2 cups tea) → May increase miscarriage risk
- Alcohol: ANY amount → Major birth defect risk
- Raw Sprouts: May contain Salmonella → Cook before eating

NUTRITION DISCLAIMER

NOT all diets suit every pregnancy. Some women have allergies, intolerances, or medical conditions requiring DIFFERENT nutrition. This guide is GENERAL information. If you have:


- Food allergies
- Gestational diabetes
- Thyroid issues
- Any medical condition


CONSULT Dr. Pragya Ojha for PERSONALIZED diet plan. Weight gain varies—normal range 25-35 lbs. Your doctor will track YOUR specific needs.

 **NEED PERSONALIZED DIET PLAN?**

Dr. Pragma Ojha provides CUSTOMIZED nutrition guidance for YOUR pregnancy.

- Personalized meal plans based on your health
- Address allergies, intolerances, medical conditions
 - Weight management guidance
- Gestational diabetes nutrition (if needed)
 - Post-delivery nutrition support

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 **BOOK ONLINE: drpragyaojha.com**

LOCATION: N1/59, A-31 Shivpuri Colony, Nagwa Lanka, Varanasi

TIMINGS: Mon-Thu 9 AM-4 PM | Fri-Sat 9 AM-3 PM | Sun: Closed

 **NUTRITION CONSULTATION: FREE with annual check-up!**