



DIET CHART FOR PREGNANT WOMEN IN SOUTH INDIA



FOLLOWING DIETARY PRACTICES

Early Morning

6:30 am

Milk (200 ml)

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



Breakfast

08:00 am

2 Dosa

(Cereal + Pulses 75g+15g)

or 3 Idli

(Cereal + Pulses 75g+15g)

½ Cup Vegetable Chutney (100g)

*1 Boiled Egg or *1 Omelette



Evening Snacks

04:00 pm

1 Seasonal Fruit (100g) (Banana/Orange/Guava) and Nuts (Peanuts/Til etc.) (30g)



Dinner

08:00 pm

2 Cup Rice (100g) or 4 Roti (100g)

½ Cup Tur Dal or Green Gram (15g)

Green Leafy Vegetables (75g) and

¼ Cup Vegetables (50g)

½ Cup Curd (100ml)



Mid Morning

10:30 am

Seasonal Fruit (100g)



Lunch

01:00 pm

2 Cup Rice (100g)

or 4 Roti (100g)

½ Cup *Chicken or

*Meat (30g)

¼ Cup Green Leafy Vegetable Curry (50g)

Salad (50g)

½ Cup Curd (100ml)



Bed Time

10:00 pm

Milk (100 ml)



For Overweight Pregnant Woman

During Pregnancy

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 and Nuts





**Normal
(BMI 18.5 - 23.0)
pregnant woman**

**should gain minimum
10 kg by term**



**Undernourished
(BMI < 18.5)
pregnant woman**

**should gain minimum
13 kg by term**



**Overweight
(BMI > 23.0)
pregnant woman**

**should gain
7-10 kg by term**

Diet Chart for **Normal Pregnant Woman and Malnourished (Undernourished/Overweight) Pregnant Woman - South India**

Meal Timing	Food Groups	Raw Amount (Serving Size)		
		Normal (2260 kcal)	Undernourished (2410 kcal)	Overweight (2120 kcal)
Morning (6:30 am)	Milk	200 ml (1 Cup)	200 ml (1 Cup)	200 ml (1 Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-
Breakfast (8:00 am)	Cereals	75g +	75g +	70g +
	Pulses	15g (2 Dosa or 3 Idli)	30g (3 Dosa or 4 Idli)	15g (2 Dosa or 3 Idli)
	Vegetables	Vegetable Chutney 100g (½ Cup)	Vegetable Chutney 100g (½ Cup)	Vegetable Chutney 100g (½ Cup)
	*Egg	50g (One)	50g (One)	50g (One)
Snack (10:30 am)	Seasonal Fruit	100g (One)	100g (One)	100g (One)
Lunch (1:00 pm)	Cereals	100g (2 Katori Rice)	100g (2 Katori Rice)	90g (1¾ Katori Rice)
	*Flesh Foods	30g (½ Katori *Chicken/ *Meat)	30g (½ Katori *Chicken/ *Meat)	30g (½ Katori *Chicken/ *Meat)
	Green Leafy Vegetables	100g +	100g +	100g +
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Salad	50g (½ Plate)	50g (½ Plate)	50g (½ Plate)
	Milk/ Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Evening (4:00 pm)	Seasonal Fruit	100g (One Medium)	100g (One Medium)	100g (One Medium)
	Nuts	30g (¼ Cup or 1 Fistful)	35g (¼ Cup or 1 Fistful)	20g (1½ Tablespoon)
Dinner (8:00 pm)	Cereals	100g (2 Katori Rice/ 4 Roti)	100g (2 Katori Rice/ 4 Roti)	90g (1¾ Katori Rice/ 3 Roti)
	Pulses	15g (½ Katori)	30g (1 Katori)	15g (½ Katori)
	Green Leafy Vegetables	50g (¼ Katori)	50g (¼ Katori)	50g (¼ Katori)
	Vegetables	100g (½ Katori)	100g (½ Katori)	100g (½ Katori)
	Milk/Curd	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)	100 ml (½ Katori Curd)
Night (10:00 pm)	Milk	100 ml (½ Cup)	100 ml (½ Cup)	100 ml (½ Cup)
	Sugar	5g (1 Teaspoon)	5g (1 Teaspoon)	-

#Measures: 1 cup/katori = 200 ml. The quantity of cooked food items specified in terms of katori depends upon the consistency of food.

*Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

Recommended Food Groups and Raw Amounts To Meet Dietary Requirements Of A Pregnant Woman Per Day

Food groups (in grams)	Normal pregnant woman	Undernourished pregnant woman	Overweight 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
SUGAR	10	10	00

Food Options

Breakfast: Khara Bhaath, Kesari Bhaath, Ragi Dosa, Besibele Bhaath, Vangi Bhaath, Khara Pongal, Sweet Pongal, Akki Roti (Rice), Ragi Roti, Dosa, Sambar, Coconut Chutney, Idli Sambar Chutney, Puttu (Steam Cake) Appam, Upma, Uthappam, Idiyappam, Puri and Curry, Chapati and Curry, Pongal, *Egg Curry, *Fish Curry, etc.

Snacks: Idli, Upma, Bonda, Murukku, Bhajji (Chilli, Capsicum, Banana), etc.

Lunch & Dinner: Rice, Sambar, Aviyal, Koottucurry (Boiled Vegetables With Coconut Gravy), Mix Veg Curry, Chapati, Kootu, Jowar Roti, Stuffed Brinjal, Mushroom Curry, Gogurapachadi, Bottle Gourd Curry, Ragi Mudda, *Fish Curry, *Chicken Curry, *Fish Fry, etc.

Sweets: Payasam, Peanut Chikki, Mysore Pak, Til Seeds Laddu, Rava Kesari, Ragi Sweet Adai, etc.

Green Vegetables: Palak, Fenugreek, Amaranth, Moringa Leaves, Gongura Leaves, Coriander, Mint, etc.

Fruits: Banana, Jack Fruit, Orange, Guava, Apple, Grapes, Mango, etc.

Other Vegetables: Carrot, Beans, Pumpkin, Cabbage, Drumsticks, Bitter Gourd, Beetroot, Potato, Brinjal, Parwal, etc.

Pulses: Moong Dal (Split and Skinned Green Gram), Chawli Dal (Black Eyed Beans), Masoor Dal (Split Red Lentils), Sabut Masoor (Indian Brown Lentils), Toor Dal (Yellow Pigeon Peas), Hari Matar (Green Peas), White Peas, Bengal Gram, Urad, Soyabean, Moth Beans, etc.

Nuts: Groundnuts, Dried Coconut, Til, Water Melon Seeds, etc.



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Do's



- 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 to 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 Anganwadi Centres and micronutrient supplements as per doctor's advice
- Add variety of food items to your daily diet so that daily requirement of all the nutrients can be met
- Consume green leafy vegetables, legumes and nuts as they are good sources of folic acid

Don'ts



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

Points to keep in mind for diet of pregnant woman

- 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 Woman, 35g oil (25g of vegetable oil and 10g butter or ghee) for Undernourished Pregnant Woman and 20g oil (15g of vegetable oil and 5g butter or ghee) for Overweight Pregnant Woman
- Use double fortified salt (Iron + Iodine) 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 *egg/*chicken/*fish/*meat
- *Flesh foods: Instead of 30g/day, one can consume 60–100g 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 13kg, Overweight (BMI > 23.0) Pregnant Woman should gain 7-10kg by term
- *Non-veg food items are advised ONLY as per regional, religious and cultural acceptance & availability/affordability

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