

Pregnancy Diet Chart

Early Morning	2 Sooji Rusk or 2 Marie Biscuits within 15 min of waking up - After 30 Min Soaked Almonds Qty-05
Break Fast	- Oats & Milk with Nuts/ Veg Uttapam with Green chutney / Mixed Dal Cheela stuffed with Paneer / Veg poha/ Sooji Upma/ Grilled veg Sandwich/ Namkeen or Milk Dalia + - Milk with protein powder 250 ml
Mid Meal / Pre lunch	Seasonal fruits with Lassi or Curd/Coconut water / Sattu drink / Chaach / Mix vegetable juice with Beetroot / Roasted Makhana
Lunch	- Chapatis Qty-02, Dal Qty-1 Katori + Salad* + Curd Seasonal vegetables / Veg Pulav with Cucumber Carrot raita. *Squeeze 1 tsp of Lemon juice over Salad
Evening	Paneer vegetables Sandwich / Dokla / Sprouts chaat / Kala chana chaat / Roasted chana / Veg cutlet.
Dinner	Chapati +Dal + Salad + Cereal/ Vegetable
Post Dinner	Saunf Water / Milk with Protein powder

Dr. Maneesha Singh

Call for appointment: 099109 74451

Address: Shop no SC-140 Jaipuria Sunrise Plaza, Dr Sushila Naiyar Marg, Ahinsa Khand 2, Indirapuram, Ghaziabad, Uttar Pradesh 201014

In case of emergency reach to : LYF Hospital Gyan Khand Indirapuram, Appolo Cradle, Shanti Gopal hospital. Indirapuram

Pregnancy Diet Chart

Pregnancy Guidelines

- Have short and frequent meals.
- Do not skip meals.
- Avoid processed food like papad, pickles, mayonnaise, carbonated beverages, and refined carbohydrates like maida.
- Prefer home cooked food.
- Take at least 3 litres of water daily.
- Do not sleep immediately after meal.
- **Iron rich foods:** Raisins, kala chana, Soyabean, Sprouts, lobia, chickpea, pomegranate
- **Protein Rich food:** Milk & milk products (curd, paneer, yoghurt), pulses and lentils (soybeans), egg, soaked nuts and seeds.



Dr. Maneesha Singh

Call for appointment: 099109 74451

Address: Shop no SC-140 Jaipuria Sunrise Plaza, Dr Sushila Naiyar Marg, Ahinsa Khand 2, Indirapuram, Ghaziabad, Uttar Pradesh 201014

In case of emergency reach to : LYF Hospital Gyan Khand Indirapuram, Appolo Cradle, Shanti Gopal hospital. Indirapuram