



Towards a new dawn

Ministry of Women and Child Development



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INDIAN COUNCIL OF
MEDICAL RESEARCH NATIONAL INSTITUTE
OF NUTRITION

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सत्यमेव जयते

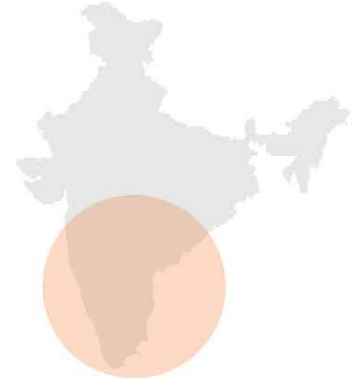
Government of India



राष्ट्रीय ग्रामीण स्वास्थ्य मिशन
(2005-2012)

DIET CHART FOR PREGNANT WOMEN

in South 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 Dosas (cereal +
pulses 75g+15g)
or 3 Idlis (cereal
+ pulses 75g
+15g), Vegetable
chutney (100g, ½
Cup) *Boiled egg
or omelet (one in
number)



Mid Morning

10:30 am

Seasonal fruit (100g)



Lunch

1:00 pm

2 Cups Rice (100g) or
3 Roti (100g)
Chicken or Meat
(30g, ½ Cup)
Green Leafy
Vegetable Curry (50g
½ Cup), Salad (50g)
Curd (½ cup, 100
ml)



Evening Snacks

4:00 pm

1 seasonal fruit
(100g) (Banana/
orange/ guava) and
Nuts (peanut/thil)
(30g)



Dinner

8:00 pm

2 Cup Rice (100g) or 3
Roti (100g), Tur Dal
or Green Gram (15g,
¼ Cup) Green Leafy
Vegetable (75g) and
Vegetables (50g, ½
Cup), Curd (½ cup,
100ml)

Bed Time
10:00 pm
Milk (100g)

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 – South 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 +	75 g +	70 g +
	Pulses	15g (2 dosa or 3 idli)	30 g (3 dosa or 4 idli)	15 g (2 dosa or 3 idli)
	Vegetables	Vegetable Chutney 100 g (1/2 cup)	Vegetable Chutney 100 g (1/2 cup)	Vegetable Chutney 100 g (1/2 cup)
	*Egg	50 g (One)	50 g (One)	50 g (One)
Snack (10.30AM)	Seasonal fruit	100 g (one)	100 g (one)	100 g (one)
Lunch (1.00 PM)	Cereals	100 g (2 Katori Rice)	100 g (2 Katori Rice)	90 g (1 ¾ Katori Rice)
	*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	100g +	100g +	100g +
	Vegetables	100g (1/2 Katori)	100g (1/2 Katori)	100g (1/2 Katori)
	Salad	50 g (½ plate)	50 g (½ plate)	50 g (½ plate)
	Milk/ Curd	100 ml (1/2 Katori curd)	100 ml (1/2 Katori curd)	100 ml (1/2 Katori curd)
Evening (4.00 PM)	Seasonal fruit	100 g (Guava one medium)	100 g (Guava one medium)	100 g (Guava one medium)
	Nuts	30 g (1/4 cup or 1 fistful)	35 g (1/4 cup or 1 fistful)	20 g (1 ½ Tablespoon)
Dinner (8.00 PM)	Cereals	100 g (2 Katori Rice/4 Rotis)	100 g (2 Katori Rice/4 Rotis)	90 g (1 ¾ Katori Rice/3 Rotis)
	Pulses	15 g (1/2 Katori)	30 g (1 Katori)	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)
Night (10.00 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 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	Kharabath, kesari bath, ragi dosa, besibele bath, vangi bath, khara pongal, sweet pongal, akki roti (rice), ragi roti, dosa, sambar coconut chutney, idlii sambar chutney, puttu (steam cake) appam, uppma, uthappam, idiyappam, puri and curry, chapatti and curry, pongal, *egg curry, fish curry etc.	
Snacks	Idli, Upma, Bonda, Murukku, Bajji (Chilli, capsicum, banana etc.)	
Lunch & Dinner	Rice, sambar, aviyal, koottucurry (boiled vegetables with coconut gravy), mix veg curry, chappathi, kootu, jowar roti, stuffed brinjal, mushroom curry, gogurapachadi, bottleguard curry, ragi mudda, *fish curry, chicken curry, fish fry etc.	
Sweets	Payasam, peanut chikki, mysur pak, til seeds laddu, rava kesari, ragi sweet addai 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, bittergourd, beetroot, potato, brinjal, parwal	

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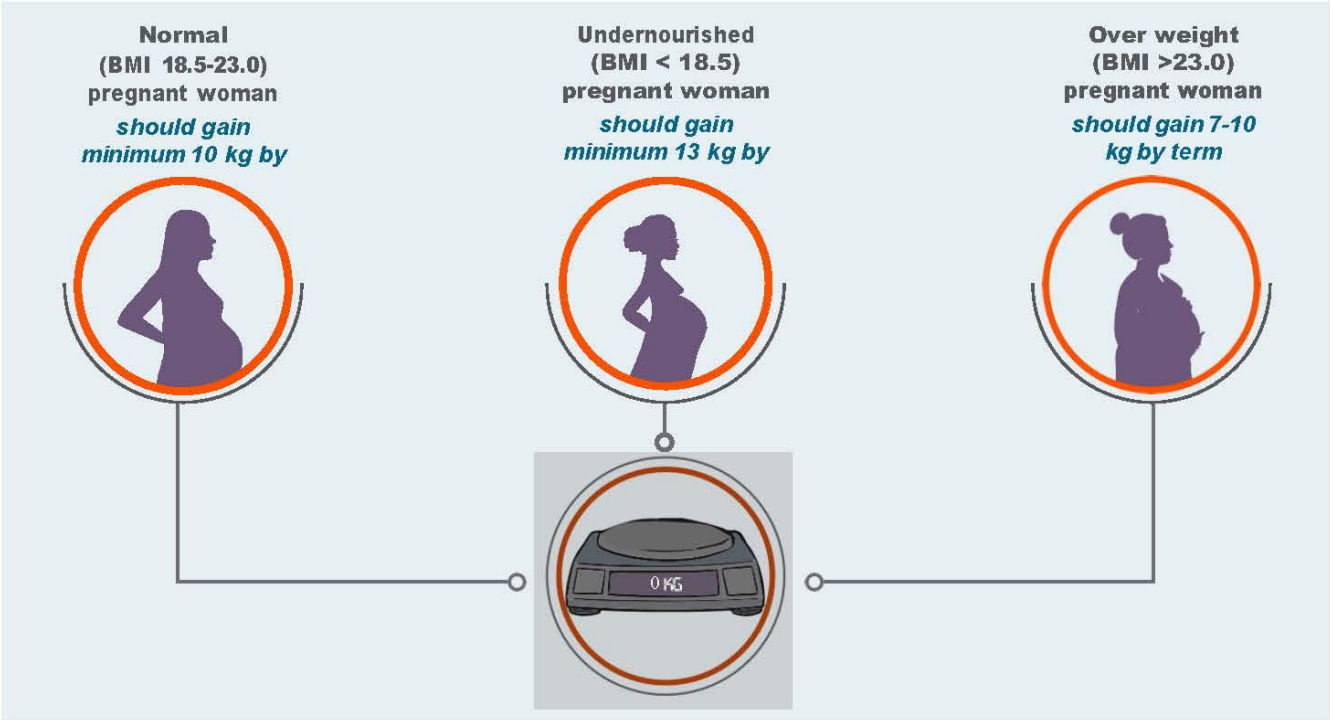
- Vitamin C - rich fruits like gooseberries (Amla), guava and orange should be included in the diet to improve iron absorption of plant foods
- Add green leafy vegetables and other vegetables in your daily diet (eg. Methi roti, Palak roti, Vegetable idli, Vegetable dosa)
- In case of nausea and vomiting take small and frequent meals (4-6 times/day)
- Expose yourself to direct sunlight for atleast 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

- Smoking or chew tobacco and consume alcohol
- Consume carbonated beverages
- Eat cooked food made with hydrogenated fat
- Sleep immediately after eating meal
- Washing 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 and time of consumption 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



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