

Healthy Baby Diet Plan for Pregnant Mothers

A healthy and balanced diet during pregnancy is essential for the growth and development of the baby and the overall health of the mother. Below is a simple and effective diet plan that can help pregnant women stay healthy and support their baby's development.

Morning (Breakfast)

- 1 glass of warm milk (can add turmeric for immunity).
- Whole grain toast or oats with fresh fruits like apple, banana, or berries.
- A handful of soaked almonds or walnuts for healthy fats.

Mid-Morning Snack

- Seasonal fruits like papaya (ripe), orange, or pomegranate.
- Tender coconut water for hydration and electrolytes.

Lunch

- 2 chapatis or brown rice with a bowl of dal or beans.
- Plenty of green vegetables like spinach, broccoli, beans, and carrots.
- A small bowl of curd or buttermilk.

Evening Snack

- Sprouts salad with cucumber, tomatoes, and lemon.
- 1 cup of herbal tea or green tea (without excess caffeine).

Dinner

- Light dinner – 2 chapatis with vegetable curry or khichdi.
- Include protein like paneer, tofu, or eggs (if non-vegetarian).
- A glass of warm milk before bed.

Additional Tips

- Drink at least 2-3 liters of water daily.
- Avoid processed foods, too much sugar, and deep-fried snacks.
- Take iron, calcium, and folic acid supplements as prescribed by your doctor.
- Eat small meals frequently to avoid acidity and nausea.