

DIET DURING PREGNANCY

COMPLICATIONS DURING PREGNANCY

1. Nausea
2. Constipation
3. Pica
4. Food Fads

NAUSEA **DIETRY MANAGEMENT DURING NAUSEA**

1. Biscuits and tea
2. Flagnent fluid intake
3. Avoid gains, dried fruits & other fruits, vegetables rich in fibre e.g. cabbage, carrot, green leafy vegetables.

PICA

Abnormal craving for substances that have little or low multi-nutritional value is known as pica e.g. diet & clay, ice, laundry starch, baking soda, tooth paste, rubber, chalk wall plaster, charcoal. Eating these abnormal substances have adverse effects like interference in absorption on nutrients, intestinal blockages is by clay & lead intoxication from wall plaster.

DON'T EAT FOR TWO –

Pregnancy is a physiological change making its own requirement on the body of the mother, for the development of the growing foetus, the mother has to eat nutrients diet rich in proteins, vitamins & minerals. But that does not mean that she has to over eat. Generally, the tendency is to eat without thinking & the extra weight gained during pregnancy tends to stay on even after delivery.

MENU

Calories	-	2000 kcal
Carbohydrates	-	300 gms
Protiens	-	100 gms
Iron	-	38 gms
Calcium	-	1000 mg
Fat	-	44.4 gms

General Instruction :

1. Maintain proper meal timings.
2. Walking is beneficial as directed by doctor.
3. Take small and frequent meal.
4. To avoid morning sickness take 1-2 biscuits or dry toast.
5. Women who dislike milk can include milk in form of shakes, custard, kheer, pudding curd, paneer.
6. Include salads, soups, fruits skin and seeds to avoid constipation.
7. Drink plenty of water.]

DAYS MENU

Early Morning	:	Tea / Coffee / Milk (1 cup) + Bis. / Rusk (2)
Break Fast	:	Milk – 1 glass / Egg 1 nos. Conflakes / Dalia / Suji / Poha or Besan cheela (2) / vegetable sandwich (2) chapati with vegetable or dosa (2) / idli (3) with samber
Mid Morning	:	Juice / Soup / Lassi (1 glass) With supported chaat (1 katori) / Fruit Chaat (1 bowl) / sandwich (1)
Lunch	:	Chapati (3) or Chapati (2) + Rice 1 Katori, Non Veg (100 gms) / Paneer (50 gms) or Dal – 1 Katori, Seasonal Veg. – 1 Katori, Curd – 1 Katori Salad
Tea Time	:	Tea / Coffee / Milk (1 cup) with vegetable idli / Dhokla / Poha / Biscuits
Evening Tea (6 p.m.)	:	Fruit (1)
Dinner	:	Same as lunch + dessert like kheer, custard etc.
Bed Time	:	Milk (1 glass)