

DIET IN LACTATION

Calories – 250 Kcal

Protiens – 80 gms

SAMPLE MENU

- Early Morning** : Tea / Coffee (1 cup) + Biscuits / til
coconut laddoo 1, Milk – 1 glass / Egg
1 no., Cornflakes / Sevian / Sooji – 1
bowl
Bread slices or small chapati 2 with
vegetable or Paneer Sandwich 2, Fruit
- MID MORNING** : Milk / Lassi / Juice / Soup / Lime Juice /
Coconut water / Pandjire / til / laddoo /
Coconut laddoo / sprout chat
- Lunch** : Salad one Katori
Chapati 2 – 3
Rice 1 Katori
Dal Katori
Vegetable 1 Katori
Curd 1 Katori
Fruit 1
- Evening Tea** : Milk / Tea
Sprouts chat / besan cheela / paneer
sandwich
- Dinner** : Same as lunch
- Bed Time** : Milk, biscuits / til or coconut laddoo

Note : To maintain your ideal body weight avoid extra sweets and fatty foods.