



## Plan your meals

It is suggested to eat every 2-3 hours during pregnancy. You should plan your days meals to ensure you get adequate quantity from all the food groups.

Grains - 6 to 8 servings of whole grains.

Vegetables - 3 servings (seasonal)

Fruits - 2 servings (seasonal)

Protein - 2 to 3 servings

Dairy - 2 to 3 servings

Vegetarians can find it difficult to get adequate good quality proteins in their diet.

## Why is diet so important?

Nutrition during pregnancy is beneficial not only for the baby but for the mother as well.

A good birth weight, optimum development, timely and easy delivery, comfortable pregnancy, reduced pregnancy complications, balanced pregnancy hormones, reduced health concerns for the baby post birth, good eating habits, optimum weight gain for the mother and quicker post partum recovery.

## Sample meal plan

### Wake-up

5 almonds, 2 walnuts and 1 fruit

### Breakfast

Red rice poha with vegetables and one bowl of fresh curd

### Mid-morning

Coconut water and one wheat rusk

### Lunch

2 Rotis, 1 bowl vegetable, 1 bowl dal plus fresh green salad

### Mid-evening

Butter milk and one bowl of cooked sprouts

### Dinner

2 Rotis, 1 bowl vegetable, 1 bowl dal plus fresh green salad

- Do not miss out on your supplements and hydration



## About Us

Sonali Shivlani is an Internationally Certified Pregnancy & Parenting Consultant with over 20 years of experience.

Book a personalized nutrition consult. All our diets are planned as per your lifestyle, preferences and pregnancy requirements.

We recommend a consult and follow-up every trimester.

## Register



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In-person and Online Consults

Healthy eating  
during  
pregnancy lays  
the foundation  
for a lifetime of  
well being for  
your child.

## Pregnancy Nutrition

Healthy Mom - Healthy Baby

