KALGIDHAR CLINIC

Zira Road, Kot Ise Khan (Moga) PB

+91 88722 63000 • kalgidharclinic@gmail.com

Dr. Bhupinder Singh
BAMS, MD
Associate Professor
State Awardee
President NIMA, Kot Ise Khan

Council Reg. No. (BAUSM): 11273
National Reg. No. (NCISM) : NR/AY/PB/0006722
HPR ID : 47-5007-0016-5602
Health Facility Reg. No. : IN0310006890

Diet & Lifestyle Plan During Pregnancy

A well-balanced diet during pregnancy is essential for the health of both mother and baby.

✨ 1st Trimester (Weeks 1–12)

Nutritional Focus:

- **Folic Acid** (prevents neural tube defects)
- **Iron & Vitamin C** (prevents anemia)
- **Protein & Healthy Fats** (supports fetal development)
- **Hydration** (prevents nausea and dehydration)

Diet Plan:

Meal	Option 1	Option 2	Option 3
Early Morning	Warm lemon water + soaked almonds	Ajwain (carom) water + soaked walnuts	Tulsi + ginger tea
Breakfast	Besan cheela + mint chutney	Stuffed paneer parantha + curd	Dalia (broken wheat porridge) + nuts
Mid-Morning Snack	Banana + roasted makhana	Sprouts chaat	Coconut water + fruit salad
Lunch	Roti + dal + seasonal sabzi + buttermilk	Rice + rajma/kadhi + salad	Chana dal khichdi + ghee
Evening Snack	Roasted chana + jaggery	Vegetable soup	Fruit smoothie with flaxseeds
Dinner	Light khichdi +	Roti + sabzi + dal	Vegetable pulao +

Meal	Option 1	Option 2	Option 3
	curd		raita
Before Bed	Warm milk with turmeric	Soaked figs & dates	A handful of nuts

Common 1st Trimester Issues & Remedies:

- **Morning Sickness:** Ginger tea, lemon water, small frequent meals.
- **Constipation:** High-fiber diet, plenty of fluids.

Exercise & Yoga:

- **Walk:** 20-30 minutes daily.
- **Yoga:** Cat-Cow Pose, Butterfly Pose, Deep Breathing.
- **Avoid:** Intense workouts, abdominal pressure exercises.

Dos & Don'ts:

✅ Dos:

- Eat small, frequent meals.
- Stay hydrated (coconut water, buttermilk).
- Include fiber-rich foods.

❌ Don'ts:

- Avoid caffeine & processed foods.
- Avoid raw papaya & pineapple (can trigger contractions).

✨ 2nd Trimester (Weeks 13-26)

Nutritional Focus:

- **Calcium & Vitamin D** (for baby's bones)
- **Omega-3 & Iron** (for brain development & energy)
- **Protein-Rich Foods** (muscle and tissue development)

Meal	Option 1	Option 2	Option 3
Early Morning	Milk with soaked dates	Almond & saffron milk	Coconut water
Breakfast	Methi parantha + curd	Poha with peanuts	Egg bhurji + multigrain toast
Mid-Morning Snack	Apple + peanut butter	Lassi + jaggery	Roasted makhana
Lunch	Roti + palak paneer + dal + raita	Bajra roti + sarson da saag	Rice + dal + curd
Evening Snack	Sweet potato chaat	Moong dal soup	Boiled corn with lemon
Dinner	Quinoa khichdi + ghee	Vegetable soup + roti	Dal dhokla + curd
Before Bed	Warm milk + ghee	Handful of almonds & raisins	Herbal tea

Diet Plan:

Common 2nd Trimester Issues & Remedies:

- **Leg cramps:** Include calcium-rich foods like curd, sesame seeds.
- **Heartburn:** Avoid spicy foods, eat smaller meals.

Exercise & Yoga:

- **Walk:** 30-40 minutes daily.
- **Yoga:** Warrior Pose, Butterfly Pose, Anulom Vilom.
- **Avoid:** Heavy weightlifting, lying on the back for long.

Dos & Don’ts:

✅ **Dos:**

- Increase protein intake.
- Eat homemade, fresh food.

❌ **Don’ts:**

- Avoid excess salt (causes swelling).
- Avoid soft cheese, raw fish, alcohol.

✨ 3rd Trimester (Weeks 27–40)

Nutritional Focus:

- **Energy-Dense Foods** (for strength during labor)
- **Iron & Fiber** (prevent anemia & constipation)
- **Healthy Fats** (support baby’s weight gain)

Diet Plan:

Meal	Option 1	Option 2	Option 3
Early Morning	Soaked almonds + warm milk	Jeera water	Dates + walnuts
Breakfast	Aloo parantha + butter + curd	Ragi porridge + nuts	Oats upma
Mid-Morning Snack	Chia seed pudding	Masala buttermilk	Banana shake
Lunch	Roti + dal + bhindi sabzi + salad	Rice + rajma + curd	Bajra roti + paneer sabzi
Evening Snack	Fruit chaat	Roasted peanuts	Vegetable sandwich
Dinner	Dal khichdi + ghee	Besan cheela + curd	Light pulao
Before Bed	Warm milk + saffron	Handful of walnuts	Herbal tea

Common 3rd Trimester Issues & Remedies:

- **Swelling:** Reduce salt, increase potassium-rich foods.
- **Back Pain:** Use pillows for support, maintain good posture.

Exercise & Yoga:

- **Walk:** 40-45 minutes daily.
- **Yoga:** Pelvic Tilts, Deep Breathing, Squats.
- **Avoid:** Sudden movements, prolonged standing.

Dos & Don'ts:

✅ **Dos:**

- Eat more iron & protein.
- Stay active & hydrated.

❌ **Don'ts:**

- Avoid heavy, greasy foods.
- Avoid excessive sugar intake.

✨ Safe First-Aid Medicines in Pregnancy

Always consult your doctor before taking any medicine.

Condition	Safe Medication
Headache/Fever	Paracetamol (Dolo, Crocin)
Cold/Cough	Honey, Steam, Tulsi Tea
Acidity	Digene, Gelusil
Constipation	Isabgol, High-Fiber Diet
Nausea/Vomiting	Tab Pregnidoxin
Allergy	Cetirizine (if prescribed)

✨ Final Tips

✔ **Eat fresh, home-cooked meals.**
✔ **Drink 8-10 glasses of water daily.**
✔ **Listen to your body's needs.**
✔ **Consult your doctor for personalized advice.**