

Kick to cradle

Diet Plan

This is a sample diet plan. A detailed diet plan will be available after your session with the nutritionist.

Name

Recommended weight range at week x for your height:

< XX – YY kgs>

Your current weight is in the perfect range / xx kgs higher / xx kgs lower than recommended.

Recommended weight for fetus at week x:

<Xx –yy kgs>

Your baby's current weight is in the perfect range / xx kgs higher / xx kgs lower than recommended.

You are rocking it, Kalyani. Your weight and your baby's weight is on track!

Not gaining enough weight is harmful for your baby's health and is putting you at risk for preterm or premature birth. Let's get this on track this month.

Excessive weight gain is risky for your baby's health as well as yours. It is putting you at risk for pregnancy complications. Let's get this on track this month.

Your Nutrition at this time!



<>

Your target weight range when delivering (40th week)
Xx -yy kgs

Your target weight gain for week x
Xx -yy kgs



Let's have a look at your current nutrition intake and figure out some simple changes you can make to make it healthier for your baby and achieve your goal of <> Kg gain in next 4 weeks.




	CURRENT DIET	SUGGESTED DIET	WHAT THIS MEANS
Total Energy		1500 Kcals a day	
# Food groups		>5	
Overall nutrition in your plate		High	
















Protein		50-55 gm	
Carbs		Around 60% on the energy	
Iron		35 mg/d	
Calcium		1200 mg/d	
Others			

Easy right? You got this!

LET'S MAKE YOUR EVERYDAY DIET HEALTHIER!

Now let's look at the plan to get to your target weight gain. Here is an analysis of your shared diet with easy suggestions to add more nutrition. Remember our goal is to make it fun & easy for you to add more nutrition for your baby and you without changing your entire diet. This plan is pregnancy cravings friendly! 😊

	YOUR CURRENT DIET	RECOMMENDED DIET CHANGES
PRE-BREAKFAST 8:00-8:30 am		  

BREAKFAST 8:00–10.00 am		  
MID-DAY SNACK 10:00–11:00 am		  
LUNCH 1:00–2:00 pm		  
SNACKS 3.30–4:00pm		  
DINNER 7:00–8:30 pm		  

General What to eat – What to avoid guide

If you are wondering if you can eat/drink something or not, here is a basic

Nutrition Guidance		Must eat	Eat in moderation	Avoid eating
Carbohydrates Main source of energy		Rice, Wheat, Jowar, Bajra	Brown Bread	Food items with Baking Powder
Protein Helps growth		Milk, Lentils, Sprouts Fish, Egg-whites	Chicken	Yellow of egg, Mutton, Ham, Beef, Prawns
Fats Energy Source			Oil, Cow Ghee, White butter	Cream, Cheese, Sugar, Jaggery
Vitamins & Minerals Helps growth		All veggies, Green leafy salads, Tomatoes, cucumber, beetroot, pumpkin, carrots, lettuce, radish, All fruits (fresh, seasonal) Dry fruits- Dates, Figs, Black raisins, Walnuts	Mango, Grapes, Chiku, Bananas	Papaya, Jack fruit, Pineapple
Liquids Stay hydrated		Water, Coconut Water Milk	Raw mango juice, Kokam Limbu Sharbat, Tea/Coffee Cocoa, Bournvita	Soda, Cold drinks Alcohol
Calcium Build strong bones		Milk, Sprouts, Fish		All junk food items
Iron Increase blood (hemoglobin)		Green leafy vegetables, All red fruits & vegetables		Chinese, Fast food, Fried food

nutrition guidance you can follow during your pregnancy journey:

Your Baby's Growth and Changes



Your baby now!

Oh the wonder of this time!

XX Week to YY Week:

What Your Baby Needs Now

CONTENT ABOUT BABY. What will develop. What your body needs

WHAT IS IMPORTANT TO EAT AND WHY

Nutrition Guidance	Needed For	Found In
Folic Acid	the embryo's development	Oranges, sweet lime, sweet potatoes, eggs, legumes green leafy vegetables, beetroots
Iron	Yours and the baby's requirements for healthy blood	Beans and lentils; beetroots; spinach
Vitamin C	Helps the body to absorb iron	gooseberries (amla), guava, citrus fruits such as sweet lime, oranges, lemon etc
Vitamin B6	For the baby's brain and nervous system to develop properly	wholegrain cereals such as dalia and brown rice; eggs; chicken; soyabean



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