

B K Memorial Hospital - Pregnancy Diet Chart

Focus: Iron, calcium, protein rich diet

- 1 Eat iron-rich foods like spinach, dates
- 2 Include calcium (milk, paneer)
- 3 Consume protein (eggs, dal)
- 4 Stay hydrated with water and juices
- 5 Eat fruits and vegetables daily
- 6 Avoid raw or unsafe foods

Meal	Recommended Food
Breakfast	Milk, fruits, eggs
Lunch	Chapati, dal, vegetables
Snack	Nuts, fruits
Dinner	Light meal, soup