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Sl.No.	Sub	Paper Code	Topic	Format	Name	Contact Details
1.	Home Science	MHOM CC6	Diet and Feeding Pattern during pregnancy	PDF	Dr. Kumari Rupam	PG Dept. of H.Sc. MMC, PU, PAT

DIET AND FEEDING PATTERN DURING PREGNANCY

The principles of meal planning for pregnant women are similar to those for non-pregnant women. The diet of a pregnant woman should be balanced. It should contain the energy giving, body building, and protective and regulatory nutrients in the right proportions.

In the early months of pregnancy, many women complain of nausea and vomiting, commonly known as morning sickness. It should be managed, as discussed earlier.

The feeding pattern during the second and third trimesters of pregnancy should comprise a five to six meal pattern. This pattern should include the three major meals, that is, breakfast, lunch and dinner, along with healthy nutritious snacks two to three times a day in between.

To meet the increased protein requirements, high biological value protein sources, such as milk, milk products, meat, poultry, fish, and soyabean, along with pulses and groundnuts, are good options.

To fulfill the extra calcium demands, milk is a good choice for expectant mothers. Milk and milk products, such as buttermilk, curd, paneer, yoghurt and flavoured yoghurts can be included to meet the calcium requirements. Other food sources containing calcium are spinach, and other green leafy vegetables, soyabean, tofu, til seeds, and almonds.

The diet of an expectant mother should include plenty of fluids, which should include at least eight to ten glasses of water. Healthy beverages should also form a part of the fluid intake. She should also include vegetable soups, coconut water, milk shakes, green tea, etc, in her diet.

The increased iron demands during pregnancy can be met by the consumption of whole grain cereals, pulses, mustard greens, eggs, organ meats, raw banana, and dates regularly in the diet.

As stated earlier, to prevent or relieve constipation, the diet should include foods that are fibre-rich, such as whole grains and their products, pulses with husk, and raw fruits and vegetables.

To summarise, the diet during pregnancy should be planned as per the ICMR guidelines, but should be individualized as per the demands, choices, and nutrient requirements and needs of the individual woman.

She should follow a five-food group pattern by including three servings of milk and milk products; around two servings of meat, fish, poultry, or eggs, one serving of dark green vegetables, orange and yellow fruits and vegetables; two servings of pulses, mutually supplemented with cereal to improve the quality of protein; one to two servings of raw vegetables or fruits, especially citrus fruits (orange, musambi, etc.), and two servings of other vegetables.

Cereals and fats should be according to the calories advised or recommended.

These amounts make a base for a nutritionally adequate diet.

SAMPLE DIET PLAN

Age	24 years	Physiological state	pregnant, third trimester
Sex	Female	Socio-economic status	middle-income group
Activity level	Moderate	Food Habits	Vegetarian

RDA (as per ICMR 2010)

Energy day	2250+350=2580 kcal	Iron	35 mg
Protein	55+23=78g	Thiamine	1.3 mg

MENU PLAN

Meal	Menu (Vegetarian)	Lunch	Dal – 1 bowl
Early Morning	Tea 1 cup + 2 Rusk	Vegetable preparation(any) – 1 bowl	
Breakfast	Milk – 1 glass	Cucumber Raita – 1 bowl	
	Spinach besan cheela – 2	Steamed Rice – ½ plate	
	Apple – 1 medium	Chapati - 2	
Mid-morning	Soup – 1 bowl	Evening Tea	Fruit Milk Shake - 1 glass
	Vegetable poha/upma – 1 quarter plate	Vegetable Sandwiches – 2	
Dinner	Matar Paneer Curry -1 bowl		
	Seasonal Vegetable – 1 bowl		
	Salad – Small helping		
	Steamed Rice – 1 half plate		
	Chapati – 2		
	Dessert (Kheer or custard) - 1 bowl		

She should also have a glass of milk(preferably toned or double toned) at night before sleeping.
Beverages like nimbu paani and coconut water can be had in between meals.