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|--------|--------------|------------|--|--------|------------------|-----------------------------------|
| 1.     | Home Science | MHOM CC6   | Diet and Feeding<br>Pattern during pregnancy | PDF    | Dr. Kumari Rupam | PG Dept. of H.Sc.<br>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

|                       |          |                              |                           |
|-----------------------|----------|------------------------------|---------------------------|
| <b>Age</b>            | 24 years | <b>Physiological state</b>   | pregnant, third trimester |
| <b>Sex</b>            | Female   | <b>Socio-economic status</b> | middle-income group       |
| <b>Activity level</b> | Moderate | <b>Food Habits</b>           | 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

|                      |                                       |                    |                                     |
|----------------------|---------------------------------------|--------------------|-------------------------------------|
| <b>Meal</b>          | Menu (Vegetarian)                     | <b>Lunch</b>       | Dal – 1 bowl                        |
| <b>Early Morning</b> | Tea 1 cup + 2 Rusk                    |                    | Vegetable preparation(any) – 1 bowl |
| <b>Breakfast</b>     | Milk – 1 glass                        |                    | Cucumber Raita – 1 bowl             |
|                      | Spinach besan cheela – 2              |                    | Steamed Rice – ½ plate              |
|                      | Apple – 1 medium                      |                    | Chapati - 2                         |
| <b>Mid-morning</b>   | Soup – 1 bowl                         | <b>Evening Tea</b> | Fruit Milk Shake - 1 glass          |
|                      | Vegetable poha/upma – 1 quarter plate |                    | Vegetable Sandwiches – 2            |
| <b>Dinner</b>        | 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.