



Dietary recommendations for: “Urvashi”

Customized by: Sinduja Ganesan





Name: Urvashi

Age: 33

Gestational Age: 11 Weeks 4 days

Allergies: NA

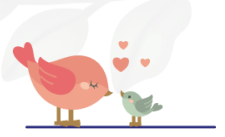
Previous medical history: Sinusitis
hemorrhage

Current medical history: Sub-chorionic

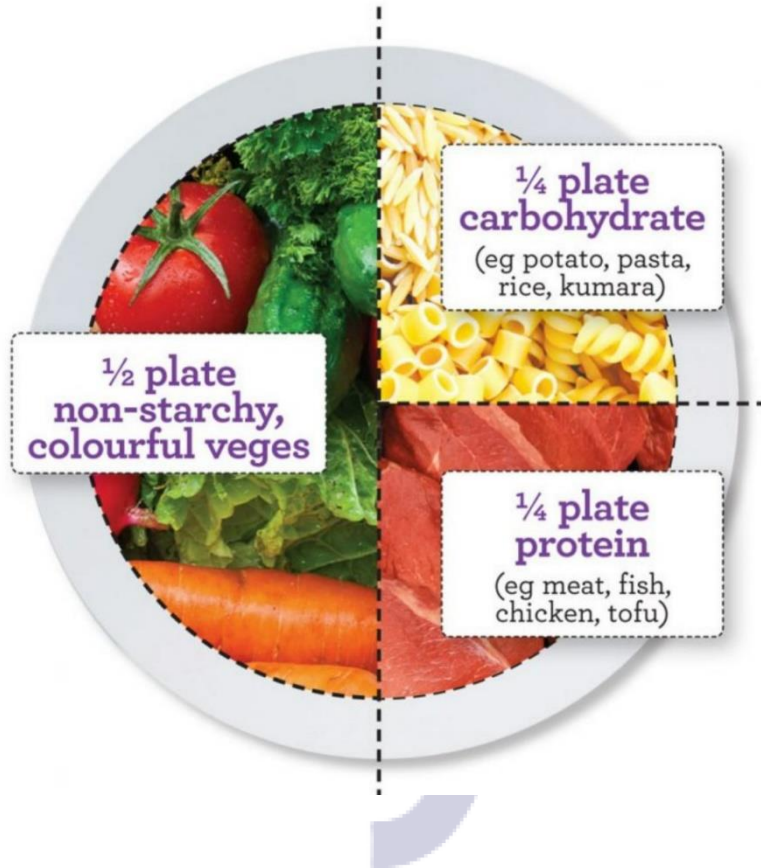
Pregnancy complaints:

1. Fatigue
2. Had Bleeding last week
3. Had abdominal cramping for 2 days
4. Facing backache
5. Constipation
6. Bloating
7. Nausea (reduced when compared to last week)
8. Headache





Meal plate



General advice

- Avoid Caffeine
- Minimum 3 Liters of water
- Maximum rest and sleep
- Foods can be in medium spice
- Avoid deep-fried and oily foods
- Include buttermilk, tender coconut water, soups



Sample diet chart

Trimester One

Non-Veg

PRE-BREAKFAST	BREAKFAST	MID-MORNING SNACK	LUNCH	EVENING SNACK	DINNER
Lemon with Ginger Juice with water and a little honey. Some Crackers to help with nausea	Millet dosa with mint chutney,	Mutton Broth Soup with lime squeezed	Mutton gravy with brown rice, boiled egg, beans poriyal	Pomegranate, dried figs	Carrot and Peas Upma
	Wholegrain cereal with dried fruits, nuts, and red banana chopped up	Coconut Water	Pineapple, Rasam with rice, Liver, Cabbage	Orange, Walnuts	Vegetable soup with Bread toast
	Brown rice pongal	Low-fat yogurt blended with apples and dry fruits	Lemon Rice, Cauliflower, Egg Omelet	Sprouts salad	Moong dal Kichidi with vegetables
	Soaked raisins, Ragi Kanji	Black Channa Sundal with chopped-up veggies	Chicken gravy with white rice, beetroot, some walnuts	Kiwi and Pears	Dosa with Chicken gravy
	Oatmeal with fruits and sunflower seeds	Peas Soup	Spinach gravy with rice, fish fry, and cucumber	Boiled Corn	Chapati with Egg Burji
	Idly with Sambhar	carrot & cucumber salad	Radish Sambhar with rice, bitter gourd, boiled egg	Strawberries	Multigrain chapati with Paneer and peas gravy
	Pancake with Honey & figs	Mosambi Juice	Egg gravy with rice, lady's finger	Chickpeas and Carrot Salad	Vermicelli Peas Upma
	Idiyappam with coconut milk	1 cup of curd with fruits	Fish gravy with brown rice, green vegetables,	Banana Cake made from Jaggery	Whole Wheat Mushroom Pasta





Whole Wheat Pita Bread with Hummus	Fruit Salad	Dal Rice, Chow Chow, egg omelet	Boiled Sweet Potato	Grilled Chickensalad with roasted veggies
Corn Salad and scrambled eggs	Avocado milkshake	Tomato rice, Raitha, Salad	kidney beans boiled and sauteed	Sathu maavukanji
Idly with ridge gourd chutney	Watermelon	Coconut Milk rice with Brinjal fry and Mutton Liver	Dried figs and raisins	Roti with vegetable Kurma
Whole wheat bread toasted with milk and egg	Amla, baby carrots	Beaf Kanji with peas and lentils	Apple & Chikko	Multigrain adai with Mint Chutney
Red rice puttlu with milk and banana	Beetroot, Carrot, Mint, Ginger Juice	Vegetable Biryani with Chicken fry and Vegetable raitha	Guava with a little black salt	Millets pancake with grated Vegetables and Paneer
Dosa with Brinjal Chutney	Apple and Pears	Red rice, fish gravy, beans and carrot	Roasted Lotus Seeds	Egg dosa with Vegetable Chutney



Vegetarian

TRIMESTER 01					
PRE-BREAKFAST	BREAKFAST	MID-MORNING SNACK	LUNCH	EVENING SNACK	DINNER
Lemon with Ginger Juice with water and a little honey. Some Crackers to help with nausea	Millet dosa with mint chutney,	Moringa Leaves Soup with lime squeezed	Moringa Keerai gravy with brown rice, black channa, beans porriyal	Pomegranate, dried figs	Carrot and Peas Upma
	Wholegrain cereal with dried fruits, nuts, and red banana chopped up	Coconut Water	Rasam with rice, bottle guard, Cabbage	Orange, Walnuts	Vegetable soup with Bread toast
	Brown rice pongal	Low-fat yogurt blended with apples and dry fruits	Lemon Rice, Cauliflower, Palak Curry	Sprouts salad	Moong dal Kichidi with vegetables
	Soaked raisins, Ragi Kanji	Black Channa Sundal with chopped-up veggies	Mushroom gravy with white rice, beetroot, some walnuts	Kiwi and Pears	Dosa with Mushroom gravy
	Oatmeal with fruits and sunflower seeds	Peas Soup	Spinach gravy with rice, bitter gourd fry, and cucumber salad.	Boiled Corn	Chapati with Paneer and Vegetable Kurma
	Idly with Sambhar	carrot & cucumber salad	Raddish Sambhar with rice, bitter gourd, roasted channa	Strawberries	Multigrains chapati with Paneer and peas gravy
	Pancake with Honey & and figs	Mosambi Juice	Brinjal gravy with rice, lady's finger	Chickpeas and Carrot Salad	Vermicelli Peas Upma





	Idiyappam with coconut milk	1 cup of curd with fruits	Rajma gravy with brown rice, green vegetables,	Banana Cake made from Jaggery	Whole Wheat Mushroom Pasta
	Whole Wheat Pita Bread with Hummus	Fruit Salad	Dal Rice, Ridge guard, Carrot and cucumber salad	Boiled Sweet Potato	Grilled Paneer salad with roasted veggies
	Corn Salad & and stir-fried vegetables	Avocado milkshake	Tomato rice, Raitha, Salad	kidney beans boiled and sauteed	Sathu maavu kanji
	Idly with ridge gourd chutney	Watermelon	Coconut Milk rice with Brinjal fry and Beetroot	Dried figs and raisins	Roti with vegetable Kurma
	Whole wheat bread toasted with milk and avocado slices	Amla, baby carrots	Mixed Lentils and veggies Kanji with peas	Apple & Chikko	Multigrain adai with Mint Chutney
	Red rice puttu with milk and banana	Beetroot, Carrot, Mint, Ginger Juice	Vegetable Biryani with Sweet potato fry and Vegetable raitha	Guava with a little black salt	Millets pancake with grated Vegetables and Paneer
	Dosa with Brinjal Chutney	Apple and Pears	Red rice, bottle guard gravy, beans and carrot	Roasted Lotus Seeds	dosa with grated paneer and Vegetable Chutney





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	Wholegrain cereal with dried fruits, nuts, and red banana chopped up	Coconut Water	Pineapple Rasam with rice, Egg, Cabbage	Orange, Walnuts	Vegetable soup with Bread toast
	Brown rice pongal	Low-fat yogurt blended with apples and dry fruits	Lemon Rice, Cauliflower, Egg Omelet	Sprouts salad	Moong dal Kichidi with vegetables
	Soaked raisins, Ragi Kanji	Black Channa Sundal with chopped-up veggies	Egg gravy with white rice, beetroot, some walnuts	Kiwi and Pears	Dosa with Egg gravy
	Oatmeal with fruits and sunflower seeds	Peas Soup	Spinach gravy with rice, egg omelet, and cucumber salad.	Boiled Corn	Chapati with Mushroom gravy
	Idly with Sambhar	carrot & cucumber salad	Raddish Sambhar with rice, bitter gourd, boiled egg	Strawberries	Multigrains chapati with Paneer and peas gravy
	Pancake with Honey & and figs	Mosambi Juice	Vegetable Kurma with rice, lady's finger	Chickpeas and Carrot Salad	Vermicelli Peas Upma









	Idiyappam with coconut milk	1 cup of curd with fruits	Tomato brown rice, green vegetables, a cup of curd with cucumber and carrot slices	Banana Cake made from Jaggery	Whole Wheat Mushroom Pasta
	Whole Wheat Pita Bread with Hummus	Fruit Salad	Dal Rice, Bitter guard, egg omelet	Boiled Sweet Potato	Grilled Paneer salad with roasted veggies
	Corn Salad and scrambled eggs	Avocado milkshake	Tomato rice, Raitha, Salad	kidney beans boiled and sauteed	Sathu maavu kanji
	Idly with ridge gourd chutney	Watermelon	Coconut Milk rice with Brinjal fry and Veggies	Dried figs and raisins	Roti with vegetable Kurma
	Whole wheat bread toasted with milk and egg	Amla, baby carrots	Mixed Lentils and veggies Kanji with peas	Apple & Chikko	Multigrain adai with Mint Chutney
	Red rice puttu with milk and banana	Beetroot, Carrot, Mint, Ginger Juice	Vegetable Biryani with Sweet potato fry and Vegetable raitha	Guava with a little black salt	Millets pancake with grated Vegetables and Paneer
	Dosa with Brinjal Chutney	Apple and Pears	Red rice, bottle guard gravy, beans and carrot	Roasted Lotus Seeds	Egg dosa with Vegetable Chutney



SPECIAL FOOD LIST

	Tiredness	Pumpkin seeds
		Dates
		Cashews
		Bananas
		Carrots
		Sweet potato
		Chickpeas
		Eggs
		Green gram
	Nausea & Vomiting	Oranges
		Apple
		Prunes
		Guava
		Ginger
		Indian gooseberry
		Fig
		Kiwi
		Black grapes
		Oats
		Peanuts
		Mangoes
	Constipation	Broad beans
		Bitter guard
		Prunes
		Capsicum
		Indian gooseberry
		Mangoes
		Coriander leaves juice
		Cucumber
		Lemon
		Moringa leaves
		

Anemia	Custard apple
	Organ meats
	Pumpkin seeds
	Black raisins
	Indian gooseberry
	Moringa leaves
	Curry leaves
	Banana
	Beetroot
	Ridge guard
	Capsicum
	Brinjal
Vitamin D and B12 deficiency	Walk / exercise/yoga - in sunlight 7 am – 8 am or 4 pm -5 pm
	mushroom
	pumpkin seeds
	sunflower seeds
	eggs
	homemade pickles
	kvass out of beetroot
	fermented rice
Bloating - digestive issues	Ajwain tea: Ajwain 1/4 tsb, fennel seeds 1/2 tsb, cumin - 1/2 seeds, coriander seeds - 1 tsb, half inch ginger - Boil in 500ml water till color darkens and consume.
	Buttermilk
	Rasam / chaaru made out of tamarind,cumin, pepper , coriander