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# GARBH AHAAR



*An easy to understand guide for nutrition during pregnancy.*

# A GUIDE TO NUTRITION DURING PREGNANCY

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During pregnancy, nutrition is crucial for both the mother and the developing baby. Here's a trimester-wise guide for a healthy diet:

**Always consult with a healthcare provider or a nutritionist for personalized advice based on individual health needs.**

For more info, reach out to [www.the-rstparents.com](http://www.the-rstparents.com)

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# FIRST TRIMESTER (1-12 WEEKS)



## NUTRIENT

## IMPORTANCE

## SOURCES

<ul style="list-style-type: none"><li>• <b>Folic Acid</b></li></ul>	Essential for fetal development	Leafy greens, citrus fruits, beans, broccoli, citrus fruits, fortified cereals
<ul style="list-style-type: none"><li>• <b>Protein</b></li></ul>	Supports growth of maternal tissues and fetus	Lean meats, eggs, dairy, beans, sattu, nuts
<ul style="list-style-type: none"><li>• <b>Iron</b></li></ul>	Prevents anemia	Lean meats, spinach, beans, iron-fortified cereals (pair with vitamin C-rich foods for better absorption)
<ul style="list-style-type: none"><li>• <b>Calcium</b></li></ul>	Crucial for developing bones and teeth	Dairy products, fortified plant milk, leafy greens, almonds
<ul style="list-style-type: none"><li>• <b>Hydration</b></li></ul>	Supports increased blood volume	Plenty of water, one coconut water every day

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# SECOND TRIMESTER (13-26 WEEKS)



## NUTRIENT

## IMPORTANCE

## SOURCES

<ul style="list-style-type: none"><li>• <b>Protein</b></li></ul>	Continued importance for fetal growth	Poultry, fish, tofu, legumes, sattu
<ul style="list-style-type: none"><li>• <b>Calcium &amp; Vitamin D</b></li></ul>	Supports bone growth	Dairy, fortified juices, sunlight exposure, fatty fish
<ul style="list-style-type: none"><li>• <b>Omega 3 Fatty Acids</b></li></ul>	Important for brain development	Fish, flaxseeds, walnuts
<ul style="list-style-type: none"><li>• <b>Iron</b></li></ul>	Maintains iron intake	Lean meats, legumes, iron-fortified foods, beetroot, watermelon, raisins, dried apricot

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# SECOND TRIMESTER (13-26 WEEKS)



NUTRIENT	IMPORTANCE	SOURCES
• <b>Fiber</b>	Helps with digestion	Whole grains, fruits, vegetables, legumes
• <b>Hydration</b>	Supports increased blood volume	Plenty of water, one coconut water every day

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# THIRD TRIMESTER (27-40 WEEKS)



## NUTRIENT

## IMPORTANCE

## SOURCES

<ul style="list-style-type: none"><li>• <b>Protein</b></li></ul>	Vital for growth and development	Meats, dairy, legumes, nuts, sattu
<ul style="list-style-type: none"><li>• <b>Calcium</b></li></ul>	Ensures proper bone development	Dairy products, fortified alternatives, greens
<ul style="list-style-type: none"><li>• <b>Iron</b></li></ul>	Supports increased blood volume	Lean meats, spinach, beans, iron-fortified cereals, beetroot
<ul style="list-style-type: none"><li>• <b>Vitamin K</b></li></ul>	Important for blood clotting	Leafy greens, broccoli, brussels sprouts, kale, spinach
<ul style="list-style-type: none"><li>• <b>Hydration</b></li></ul>	Critical for amniotic fluid levels	Plenty of water, Include coconut water

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# GENERAL TIPS FOR ALL TRIMESTERS

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- **Avoid Certain Foods:** Stay away from high-mercury fish, raw or undercooked seafood, unpasteurized dairy, and foods high in added sugars and saturated fats. Avoid eating all kinds packaged food items and drinks. Avoid alcohol and smoking and caffeine consumption. Avoid eating maida and red chilli.
- **Small, Frequent Meals:** Helps manage nausea and maintain energy levels.
- **Moringa:** reduces malnutrition, pregnancy complications, and micronutrient deficiencies. Helps to increase haemoglobin.
- **Dry fruits:** 4 almonds (almonds helps improve the fetus's immunity and heart development), 1 anjeer (beneficial for the development of the fetus and strengthens the bones of the mother), 1 walnut ( helps control blood pressure, reduces instances of hypertension or high BP and regulates blood flow properly by keeping cholesterol under check during pregnancy) (all soaked overnight)

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