



SAMPLE MENU PLAN FOR THALI (TELANGANA)

NORMAL PREGNANT WOMAN*

A normal pregnant woman (BMI 18.5-23.0)
should gain minimum 10 kg by term

Normal Pregnant Woman Diet Chart

Total calories 2260 kcal

Night (10.00PM)



Sugar 5 gms



Vegetables (100g or 1/2 Katori)

4 Roti (100g) or 2 Katori Rice (100g)



Dal 1/2 katori & Curry 3/4th Katori



Curd (1/2 Katori/100ml)

Tur Dal or Green Gram (15g. or 1/2 Katori)



Desi Ghee 5 ml or Oil 5ml

Green Leafy Vegetable (50g)

Morning (6.30 AM)



Sugar 5 gms

Milk 200ml



1 Boiled egg or 1 omelet

(3 Idli / 2 Dosa)



Vegetable chutney (100g.)



(cereal + pulses 75g + 15g)



Oil 5 ml



Breakfast (8.00 AM)

Snack (10.30 AM)

Fruit (Seasonal) Orange-1



Rice 2 Katori



Chicken/Meat 1/2 Katori



Green Leafy Vegetable 1/2 Katori



Milk or Curd 1/2 Katori



Salad 1/2 Plate



Rice 100 gms



30gms Chicken/Meat

Desi Ghee 5 ml/ Oil 5 ml



Vegetables 100gm



Leafy Vegetable 100gm

Lunch (1.00 PM)

Evening Snack (4.00 PM)



1 seasonal fruit (100g) (Banana/orange/guava)

Nuts (peanut/thil) (30g)



* Non veg items like fish / eggs/ chicken can be consumed as per social acceptability and availability

* Measure 1 cup/ Katori - 200 ml



SAMPLE MENU PLAN FOR THALI (TELANGANA)

UNDER-NOURISHED PREGNANT WOMAN*

An undernourished pregnant woman (BMI < 18.5)
should gain minimum 13 kg by term

For undernourished pregnant woman increase pulses, nuts
and oilseeds in diet

Under-nourished Pregnant Woman Diet Chart

Total calories 2410 kcal

Morning (6.30 AM)

Sugar 5 gms

Milk 200ml

(cereal + pulses 75g + 30g)

Oil 10 ml

1 Boiled egg or 1 omelet

Underweight - 3 Dosas / 4 idli

Vegetable chutney (100g.)

Breakfast (8.00 AM)

Vegetables (100g or 1/2 Katori)

Green Leafy Vegetable (50g)

Tur Dal or Green Gram (30g/ 1 Katori)

5 ml Oil, 5 ml Ghee

Night (10.00 PM)

Sugar 5 gms

Milk 100ml

4 Roti (100g) or 2 Katori Rice (100g)

Dal 1 katori & Curry 3/4th Katori

Curd (1/2 Katori/100ml)

Dinner (8.00 PM)

Nuts (peanut/thil) (35g)

1 seasonal fruit (100g) (Banana/orange/guava)

Snack (10.30 AM)

Fruit (Seasonal) Orange-1

Lunch (1.00 PM)

Rice 2 Katori

Chicken/Meat 1/2 Katori

Green Leafy Vegetable 1/2 Katori

Milk or Curd 1/2 Katori

Salad 1/2 Plate

Oil 10 ml, Ghee 5 ml

30gms Chicken/Meat

Rice 100 gms

Vegetables 100gm

Leafy Vegetable 100gm

Evening Snack (4.00 PM)

* Non veg items like fish / eggs/ chicken can be consumed as per social acceptability and availability

* Measure 1 cup/ Katori - 200 ml



SAMPLE MENU PLAN FOR THALI (TELANGANA)

OVERWEIGHT PREGNANT WOMAN*

An overweight pregnant woman (BMI > 23.0)
should gain 7-10 kg by term

For Overweight pregnant woman reduce sugar, refined cereals and oil consumption. Moderate consumption of nuts and oilseeds

Overweight Pregnant Woman Diet Chart

Total calories 2120 kcal

Morning (6.30 AM)

Milk 200ml

(Cereal 70g + Pulse 15g)
Oil 5 ml
1 Boiled egg or 1 omelet
(3 Idli / 2 Dosa)
Vegetable chutney (100g.)

Breakfast (8.00 AM)

Snack (10.30 AM)

Fruit (Seasonal) Orange-1

Rice 1 3/4 Katori

Chicken/Meat 1/2 Katori

Milk or Curd 1/2 Katori

Salad 1/2 Plate

Green Leafy Vegetable 1/2 Katori

Rice 90 gms

Desi Ghee 5 ml, Oil 5 ml

30gms Chicken/Meat

Lunch (1.00 PM)

Vegetables 100gm

Leafy Vegetable 100gm

Evening Snack (4.00 PM)

1 seasonal fruit (100g) (Banana/orange/guava)

Nuts (peanut/thil) (20g)

* Non veg items like fish / eggs /

* Measure 1 cup/ Katori - 200 ml
chicken can be consumed as per social acceptability and availability

Night (10.00 PM)

Milk 100ml

Vegetables (100g or 1/2 Katori)

3 Roti (90g) or 1 3/4 Katori Rice (90g)

Green Leafy Vegetable (50g)

Tur Dal or Green Gram (15g. or 1/2 Katori)

Oil 5 ml

Curd (1/2 Katori/100ml)

Dal 1/2 katori & Curry 3/4th Katori

Dinner (8.00 PM)

and availability