

# A healthy lifestyle during pregnancy

## Menu 2: Vegetarian menu

Meal/snack	Food and drinks	Food groups	Caffeine content (mg)
<b>Early morning</b>	Mug of tea with milk		75
<b>Breakfast</b>	Bread/toast/chapatti Boiled egg Fresh orange segments Water to drink	<b>1</b> <b>4</b> <b>2</b>	
<b>Mid-morning</b>	Wholegrain crackers with cheese Cup of tea with milk	<b>1, 3</b>	50
<b>Midday meal</b>	Rice and dhal Vegetables including tomatoes Yogurt and figs/dates Water to drink	<b>1, 4</b> <b>2</b> <b>2, 3</b>	
<b>Afternoon snack</b>	Nuts and pineapple chunks Water to drink	<b>2, 4</b>	
<b>Evening meal</b>	Chickpea and vegetable curry with flatbread Mango slices Lassi to drink	<b>1, 2, 4, 5</b> <b>2</b> <b>3</b>	
<b>Supplements</b>	Folic acid, vitamin D and omega 3		

This menu has:

**Food group 1** - four servings: bread/toast/chapatti, crackers, rice, flatbread

**Food group 2** - six servings: orange, vegetables with dahl, figs/dates, pineapple, vegetables in curry, mango

**Food group 3** - three servings: cheese, yogurt, lassi

**Food group 4** - four servings: egg, dahl, nuts, chickpeas with high vitamin C foods to aid iron absorption (orange, tomatoes, kiwi fruit, mango)

**Food group 5** - one servings: oil used for frying dhal and curry

**Caffeine content:** 125mg