THE COMPLETE INDIAN GUIDE

Pregnancy Food & Baby Growth

9 महीने — क्या खाएँ और कैसे बनाएँ



50+ Indian Recipes • Month-wise Charts • Meal Plans

FREE SAMPLE

IMPORTANT

ज़रूरी सूचना (Disclaimer)

Ye eBook sirf **general education aur meal-planning ideas** ke liye hai. Ye **medical advice, diagnosis ya treatment nahi hai**.

Har pregnancy alag hoti hai. Diet mein koi bhi bada change karne se pehle, supplements lene se pehle, ya agar aapko diabetes, BP, thyroid, anaemia, food allergy ya koi aur health condition hai — **apne doctor (gynaecologist) ya registered dietitian se zaroor salah lein**.

Recipes mein di gayi nutrition values **approximate (lagbhag)** hain. Ye ingredients, brand aur portion size ke hisaab se badal sakti hain.

Doctor ne jo iron, folic acid, calcium ya koi aur supplement diya hai, use apne aap band ya kam na karein.

Emergency? Bleeding, tez pet dard, chakkar, sujan, baby ki movement kam lagna — turant doctor / hospital se sampark karein. Ye book kisi bhi emergency ka vikalp nahi hai.

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विषय सूची

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- Indian thali kaise balance karein
- Paani aur hydration

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- Har mahine ka veg + non-veg diet chart
- Us mahine ke common sawal

भाग 3 — 50+ Recipes

- Nashta (Breakfast)
- Lunch & Dinner
- Healthy snacks & drinks
- Har recipe ki approx nutrition

भाग 4 — Practical Tools

- Weekly shopping lists
- Meal-prep tips (working moms ke liye)
- Foods to limit / avoid
- Doctor visit ke liye food diary

Chapter	Topic
Month 1–3	First trimester: folate-rich foods, nausea mein halka khana
Month 4–6	Second trimester: protein, iron, calcium wale Indian meals
Month 7–9	Third trimester: chhote-chhote meals, fibre, hydration
Bonus	Post-delivery ke liye simple khana (preview)

BASICS

Pregnancy Nutrition — बुनियादी बातें

Pregnancy mein "do logon ke liye khana" nahi, balki **achhi quality ka balanced khana** zaroori hai. Neeche general guidance hai — aapki exact zaroorat doctor batayenge.

💪 Protein

Dal, rajma, chana, paneer, dahi, doodh, ande, chicken, machli. Har meal mein ek protein source rakhne ki koshish karein.

🩸 Iron

Hari pattedar sabziyan, chana, rajma, gud, bajra/ragi. Saath mein nimbu/amla (Vitamin C) lene se iron better absorb hota hai. Chai/coffee khane ke turant saath na lein.

🦴 Calcium

Doodh, dahi, paneer, ragi, til. Doctor calcium supplement de sakte hain — unke bataye time par lein.

🌿 Folate

Palak, methi, dal, chana, santra. Doctor aam taur par folic acid supplement dete hain — khana uska vikalp nahi hai.

🌾 Fibre

Whole grains (atta, daliya, brown rice), sabzi, phal. Constipation mein madad karta hai.

💧 Hydration

Din bhar thoda-thoda paani, chhaachh, nariyal paani, soup. Sugary drinks kam rakhein.

Sources (general reference): ICMR–NIN *Dietary Guidelines for Indians* (2024) aur WHO *antenatal care recommendations* (2016). Personal advice ke liye apne doctor se baat karein.

SAMPLE CHAPTER · MONTH 7

सातवाँ महीना — एक दिन का Diet Chart

Teesre trimester mein pet jaldi bhar jaata hai, isliye **3 bade + 2–3 chhote meals** achhe rehte hain. Ye sirf ek example hai — portion doctor/dietitian ke hisaab se rakhein.

Time	🥗 Vegetarian	🍳 Non-Veg
Breakfast 8–9 AM	2 moong dal chilla + pudina chutney + 1 katori dahi	2 egg vegetable omelette + 2 multigrain toast
Mid-morning 11 AM	1 phal (seb/santra) + 4–5 badam	1 phal + 1 glass chhaachh
Lunch 1–2 PM	2 roti + palak paneer + dal + salad + chhaachh	2 roti / chawal + chicken curry (achhi tarah paka) + sabzi + salad
Evening 5 PM	Ragi porridge ya bhuna chana + 1 cup doodh	Sprouts chaat + 1 boiled egg
Dinner 8 PM	Vegetable khichdi + dahi + lauki/tori sabzi	Grilled fish (low-mercury, jaise rohu) + 1 roti + sabzi
Bedtime	1 glass garam doodh (optional)	1 glass garam doodh (optional)

Tips: Khane ke turant baad na letein · tikha/tela khana kam rakhein (acidity) · chalne-phirne ke baare mein doctor se poochein.

RECIPE · BREAKFAST

मूंग दाल चिल्ला



⏱️ 25 min | 🍽️ 2 servings | 🥗 Veg

सामग्री

- Peeli moong dal – ½ cup (3–4 ghante bhigoyi)
- Adrak – chhota tukda
- Hara dhaniya, palak – mutthi bhar
- Pyaz – 1 chhota (bareek)
- Namak, jeera, haldi – swad anusaar
- Tel – 1–2 chammach

विधि

1. Dal aur adrak ko thode paani ke saath smooth peesein.
2. Palak, dhaniya, pyaz, masale milayein.
3. Tawe par halka tel lagakar patla failayein.
4. Dono taraf sunehra hone tak sekein.
5. Pudina chutney aur dahi ke saath parosein.

Nutrition (approx, per serving): ~200 kcal · Protein ~11 g · Fibre ~4 g. Values approximate hain.

RECIPE · SNACK

रागी दलिया (Ragi Porridge)



⏱️ 15 min | 🍽️ 1 serving | 🥛 Veg

सामग्री

- Ragi atta – 3 chammach
- Doodh – 1 cup
- Paani – ½ cup
- Khajur – 2 (kati hui) ya thoda gud
- Badam – 4–5 (kate hue)
- Kela – ½ (optional)

विधि

1. Ragi atta ko thande paani mein ghol lein (gaanth na pade).
2. Dheemi aanch par chalate hue 4–5 min pakayein.
3. Doodh daalkar 3–4 min aur pakayein.
4. Khajur/gud milayein.
5. Upar badam aur kela daalkar garam parosein.

Nutrition (approx): ~300 kcal · Protein ~11 g · Calcium-rich (ragi + doodh). Diabetes ho to meetha doctor se poochkar rakhein.

SAFETY

किन चीज़ों से बचें / कम करें

Ye standard general guidance hai. Apni situation ke liye doctor se confirm karein.

Food	Kya karein
Kachcha / adhpaka papita	Kachcha papita avoid karna aam salah hai. Paka papita ke baare mein doctor se poochein.
Bina pasteurise doodh / paneer	Sirf ubla hua ya pasteurised doodh aur usse bana paneer/dahi lein (infection ka risk).
High-mercury machli	Shark, swordfish, king mackerel jaisi badi machliyan avoid karein. Low-mercury machli achhi tarah paka kar lein.
Kachcha / adhpaka egg, meat	Ande aur meat poori tarah paka kar khayein.
Caffeine	Chai/coffee seemit rakhein — WHO 300 mg/din se kam caffeine ki salah deta hai (lagbhag 2 cup coffee).
Alcohol	Pregnancy mein alcohol ki koi safe matra nahi maani jaati — bilkul na lein.
Bahar ka khula khana	Street food, kate hue khule phal, bina dhule salad se bachein.
Herbal / "desi nuskhe"	Koi bhi herbal remedy ya supplement doctor se pooche bina na lein.

FULL BOOK

पूरी Book में क्या मिलेगा?

📅 9 Month-wise Chapters

Har mahine ka veg + non-veg diet chart.

🍲 50+ Indian Recipes

Nashta, lunch, dinner, snacks — approx nutrition ke saath.

🛒 Weekly Shopping Lists

Market jaane se pehle ready list.

⏱️ Meal-prep Tips

Busy aur working moms ke liye.

✅ Foods to Avoid Guide

Simple, clear safety checklist.

📒 Food Diary Pages

Doctor visit ke liye ready.

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