

Pregnancy Month	What to Eat
1st Month	Eat folic acid-rich foods like spinach, oranges, and beans to support early development.
2nd Month	Add more calcium-rich foods such as dairy, tofu, and green leafy vegetables.
3rd Month	Increase your intake of iron with foods like lentils, spinach, and beans to prevent anemia.
4th Month	Incorporate healthy fats from avocados, nuts, and seeds for brain development.
5th Month	Focus on high-protein foods like eggs, chicken, and lentils to support muscle growth.
6th Month	Add fiber-rich foods like whole grains, oats, and fruits to prevent constipation.
7th Month	Include omega-3 rich foods like salmon, flaxseeds, and walnuts to support brain growth.
8th Month	Ensure proper hydration and consume light, easily digestible foods like soups and smoothies.
9th Month	Focus on easily digestible meals such as stews and salads to keep digestion smooth.
For ref. <a href="https://ilastouchofhealth.com/indian-pregnancy-diet-chart-month-by-month/">https://ilastouchofhealth.com/indian-pregnancy-diet-chart-month-by-month/</a>	
For a personalized pregnancy diet plan, book an appointment <a href="https://ilastouchofhealth.com/pregnancy-diet-program/">https://ilastouchofhealth.com/pregnancy-diet-program/</a>	