

HOW TO EAT RIGHT DURING PREGNANCY

(Without Overthinking It)



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An easy-to-follow guide to nourishing yourself and your baby without stress, confusion, or restrictive rules.

**Medically
approved by:**

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Why

Nutrition Matters

(But Should Not Be Complicated)

Eating well during pregnancy supports your baby's growth and helps you feel more stable, energised, and prepared.

You do not need perfect meals every day.

What matters more is consistency over time, not perfection at every meal.



Think of your diet as supportive, not stressful.



The Best

Approach to Eating Well

Instead of strict rules, focus on balance:

Include a mix of:



Carbohydrates for energy



Protein for growth and repair



Healthy fats for brain development



Fruits and vegetables for vitamins and fibre



What Your Body Actually Needs

During pregnancy, some nutrients become especially important:



Iron to support increased blood volume



Calcium for your baby's bones and teeth



Protein for tissue growth



Folate for early development



Fibre to support digestion

Tip:

You do not need to track every nutrient. Just include a variety of whole foods daily.



Easy Meal Building

(No Overthinking Required)

A simple way to build your meals:

**Half your plate:
vegetables
and fruits**

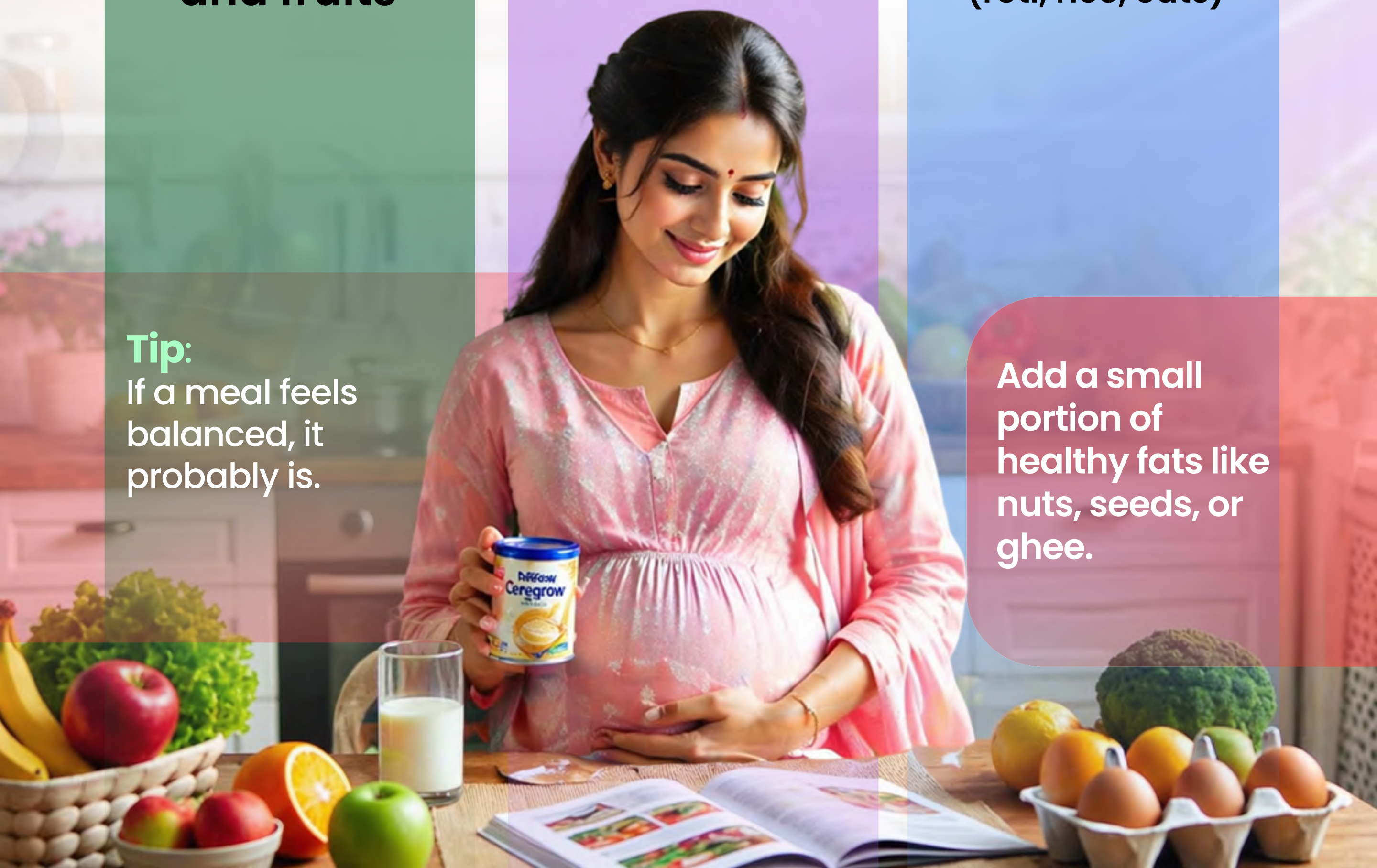
**One quarter:
protein**
(dal, eggs, paneer,
chicken)

**One quarter:
whole grains**
(roti, rice, oats)

Tip:

If a meal feels
balanced, it
probably is.

Add a small
portion of
healthy fats like
nuts, seeds, or
ghee.



Snacking Without Guilt

Snacking is normal and often necessary during pregnancy.

Simple snack ideas:

Fruit with nuts



Yoghurt with seeds



Roasted chana or makhana



Boiled eggs



Smoothies



Tip:

Snacks help maintain energy levels and prevent long gaps between meals.



Listening to Your Hunger

Your appetite may change throughout pregnancy.



Some days you feel hungrier, other days less so. Both are normal.

Cravings are also common and can be included in moderation.



Tip: Snacks help maintain energy levels and prevent long gaps between meals.



What to Limit (Without Fear)

You do not need to eliminate everything, but some things are best limited:

Excess sugar



Too much
caffeine



Unpasteurised
or unsafe foods



Tip:

Snacks help maintain energy levels and prevent long gaps between meals.



What to Limit (Without Fear)

Fluids play a key role in supporting your body during pregnancy.

Aim for:

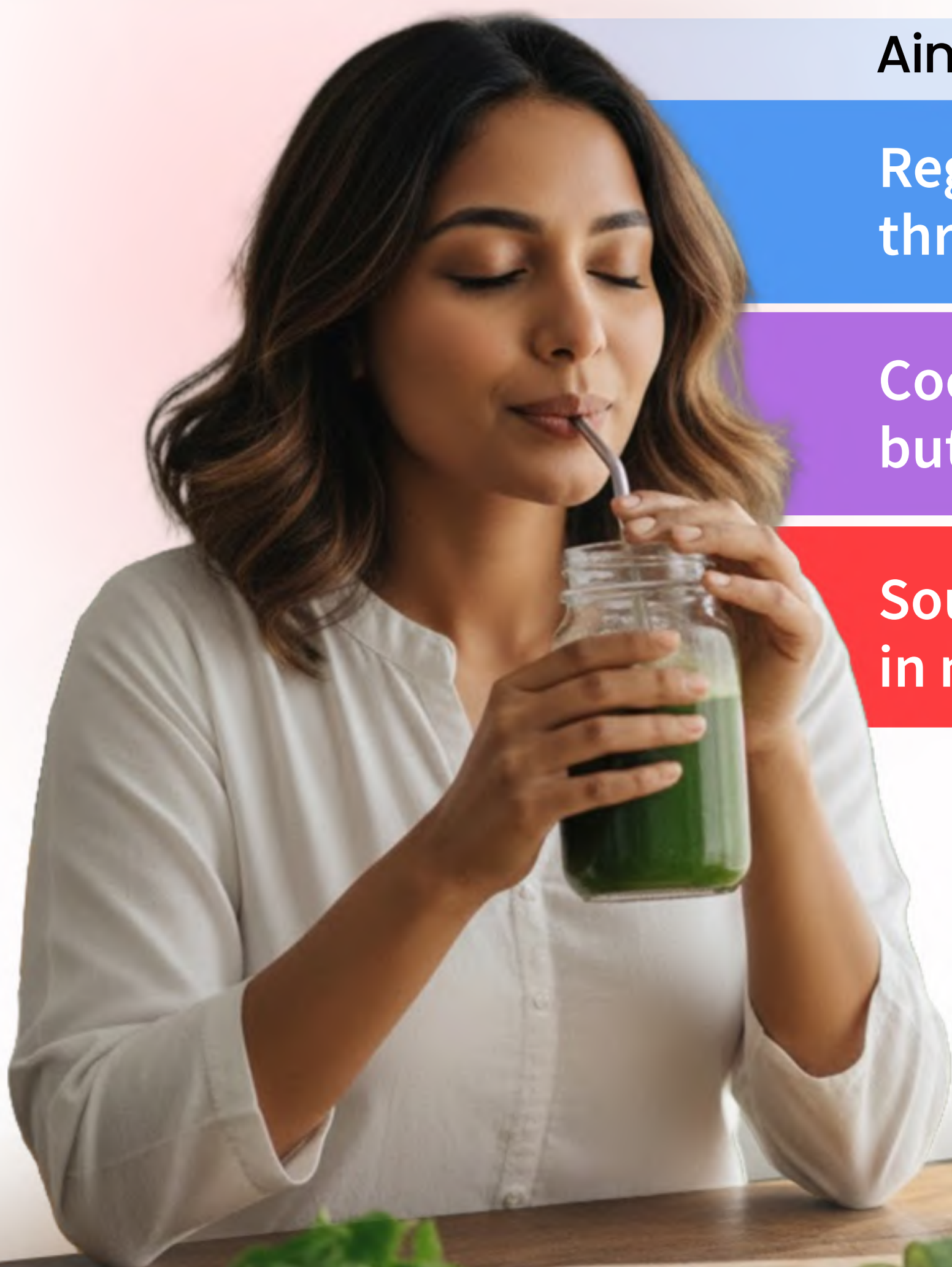
Regular water intake throughout the day

Coconut water or buttermilk for variety

Soups and fresh juices in moderation

Tip:

If you feel tired or dizzy, hydration could be part of the reason.



When

Eating Feels Difficult

There may be days when eating feels harder due to nausea, fatigue, or low appetite.

On such days:

Eat smaller, more frequent meals

Choose simple, easy-to-digest foods

Do not force large meals

Focus on staying hydrated

Tip:

If you feel tired or dizzy, hydration could be part of the reason.



Key Takeaways



Eat a variety of foods instead of focusing on strict rules



Listen to your body's hunger and energy levels



Keep things simple. Nutrition should support you, not stress you



You do not need a perfect diet, just a consistent, balanced one



Stay hydrated and eat regularly



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