



**Unlock the
Secrets
of**

Sattvic Diet

in

**Healthy
Pregnancy**



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'YOU ARE WHAT YOU EAT'

Pregnancy test positive? Wow it's a Good News.

Congratulations ...

To become a Mom is a pure bliss. It might be the hardest, yet the most rewarding experience, you will ever have.

Have you ever thought that the baby is growing unknowingly inside your womb?

The baby responds to the external stimuli. It is said that the development of the baby starts from the time of conception.

A new life is evolving, developing, growing, taking shape inside you with the Help of

- 1) the food you eat,
- 2) water you drink,
- 3) dominant thoughts and emotion you always carry.

You become a Creator for the period of 9 months.

The preparation actually starts when you think or plan for the baby.

(pre-conception care)

We Indians are blessed with great ancient culture and The Sanskar help to pour the blessings to the child in the womb in the form of -

- 1) GRATITUDE
- 2) FOOD- BALANCED SATVIC DIET
- 3) BABY TALK AND MUSIC THERAPY
- 4) EXERCISE AND YOGA POSES
- 5) PRANAYAM AND RELAXATION

Wow, it's so amazing.

Benefits of this Sanskar to baby -

- 1)Improves physical development
- 2)Enhances cognitive development
- 3)Positive character traits
- 4)Stronger bond with the mother

Benefits of this Sanskar to mother -

- 1)Reduces stress and anxiety
- 2)Improves sleep quality
- 3)Enhances emotional well being
- 4)Good physical wellbeing throughout the pregnancy

‘It is the Health that is real Wealth
and Not the pieces of gold and silver’

Mahatma Gandhi

One of the most important aspect is the diet.

You start becoming AWARE about your health, diet and water intake

Questions start popping up in your mind.

What should I eat? When? How much?

Right.

Do you really deeply care for your health?

Do you really deeply care for your baby's health?

Baby's overall growth, that is

Physical,

Mental,

Emotional,

Spiritual.

Eating healthy food fills your body with Energy and Nutrients.

Just imagine your baby smiling back to you and saying,

'Thank You' for that, Wow.

You have more than 30 trillions of cells in your body and just 2000 to

3000 taste buds in your tongue.

Will you give importance to your whole body and its nutrition or just think of eating only tasty and what you like?

It's high time to think,

After all choice is yours.

Understand the essential nutrients you should be focusing

- 1) Folic acid – cereals, pulses, vegetables, nuts
- 2) Iron, calcium and micronutrients iodine, zinc etc
- 3) Carbohydrate - wheat, jawar, rice, ragi etc
- 4) Proteins - soaked almonds and peanuts, sprouts, pulses, moong, Chana, matakhi, rajama, milk, paneer, eggs, meat
- 5) Fats - oil seeds, ghee, cold press coconut oil, groundnut oil, sunflower oil
- 6) Omega 3 fatty acids - flaxseeds, fish, walnuts cashews
- 7) Fibers- fruits, salads, green leafy vegetables
- 8) Prebiotics - curd yogurts
- 9) Vitamins-
 - A) Vitamin C - lemons, orange, sweet lime, amala
 - B) Vitamin A - carrots, pumpkin, mango, papaya, tomatoes
 - C) Vitamin D - formation take place in the skin with the help of morning sunlight
 - D)Vitamin B COMPLEX - fresh fruits, nuts
- 10) Hydration - 8 to 10 glasses of water daily.

Before conception you should consume 1900 to 2200 kcal/day

However, during pregnancy, you need to consume 2200 to 2500 kcal/day

You can go through the Reels I have posted on my page to get some more details.

So the basic idea is we are able to fulfil the demands of mother and the baby

I will try to simplify the diet issue by suggesting a whole day meal plan. It may vary depending upon the availability of food on that particular geographical location.

I would suggest to take Fresh Homemade Food, as it contains least amount of preservatives, seasonal veggies and local fresh fruits and nuts.

As soon as you get up and freshen up -

Breakfast - at around 8 to 9 am - have a variety

- 1) Upama or poha with added peas, peanuts, carrots and French beans
- 2) Moong dal / besan dal chilla
- 3) Fenugreek (Methi) / spinach / cauliflower / bottle guard Paratha with curd
- 4) Idali / dosa with sambar and chutney
- 5) Steamed whole sprouted moong / Chana / matakhi Chat
- 6) Vegetable / egg sandwich
- 7) wheat / moong dal / semolina / ragi halwa with added nuts on it

You can make your own list of breakfast recipes provided,

It is nutritious, fresh and healthy fulfilling our needs and appetite.

It should not be oily and spicy.

Lunch – There should be 3-4 hrs gap after breakfast.

You can keep variety in Lunch also.

Try to include one type of pulses /sprouts/dal at a time

As each one has a specific protein composition

Have roti / bhakari (wheat / jawar/ ragi) / rice +

Dal/ sprouts and add

One cup curd / buttermilk (preferably homemade) +

One cup fresh salad +

Seasonal leafy or local vegetable.

4 PM snack --

Fresh fruits along with dates.

Jaggery laddu/ rajgira laddu or

Macana with yogurt

Boiled chana chat

Sattu laddo etc

Dinner – try some soups (homemade) with pulao

Dal rice

Thalipeeth

Roti sabji

You should have a gap of 2 to 3 hours between your dinner and sleeping time

(At bedtime one glass of warm A2 cow milk)

Remember to consult with your doctor/nutritional expert personally to tailor the meal plan to specific dietary needs and portion sizes.

(Those who eat non vegetarian food like fish, chicken etc. prefer to eat twice a week that too fresh, homemade and less spicy and oily. Add lots of green salads with meals.)

We eat food composed of variety nutrients like -

Carbohydrates 45% to 65 %

Proteins 10 to 35 %

Fats 20 to 35 %

Vitamins and minerals

(The percentage of ingredients varies with digestive capacity and also geography wise)

Ayurveda principles follow a vegetarian diet. It is popular among yoga enthusiasts. **Sattvic diet** The food which make you feel
1)Light, 2)Energetic 3)Balanced 4)Help to maintain the harmony between your body and mind.

It keeps all the cells in your body healthy and efficient.

We Indians are blessed with an ancient culture and sanskar

Which include Sattvik diet.

AHAR that nourishes our body and mind.

Ayurveda and yoga are built on philosophy of **the three Gunas** -

1)**Sattva**

2)**Rajas**

3)**Tamas**

The most important is **SATTVA---**

IT IS ABOUT BALANCE AND HARMONY

The list of food items included are

- 1) Naturally ripened fresh seasonal fruits and locally grown, which are really fresh and not frozen or chemically treated.
- 2) Legumes—whole grains, sprouts and beans. When you soak them, they become rich in enzyme amylase due to which makes it nutritious and easy to digest.
- 3) Nuts—soaked almonds, peanuts, pistachios, walnuts, cashews, raisins
- 4) A2 cow milk, ghee and curd
- 5) Fresh seasonal veggies—leafy and fruit veggies
- 6) Cold pressed edible oils for cooking, massaging
Coconut oil, castor oil, groundnut oil, sunflower oil, sesame oil

Important HERBS -

- 1) Shatavari—cooling herb, it helps to strengthen your body.
- 2) Tulsi—holy herb, it reduces stress, anxiety and boosts immunity.
- 3) Ashwagandha—it also boosts immunity and reduces stress.
- 4) Ginger—rich source of vitamin B6. Very helpful in treatment of vomiting in pregnancy.
- 5) Methi seeds—rich in iron. It reduces morning sickness and constipation.
- 6) Jeera and Ajwain—they are called digestive herbs, it reduces gas and bloating.

BONUS TIPS

- 1) Do not eat too hot or too cold food.
- 2) Try to have fresh food and not the packed or tinned.
- 3) Avoid the food which repeatedly heated.
- 4) Do not eat fried food, try steamed one.
- 5) Avoid whites- maida, sugar, salt
- 6) Fermented food, eat it fresh.
- 7) Be on time for meals each day.
- 8) No late night snacking.
- 9) Say NO to Aerated drinks.
- 10) Say no to alcohol, tobacco and drugs.

BE BRAVE BE YOU

Rajasic food - It is the type of food which makes the person restless, agitated and hyperactive. It increases the greed and makes mind unstable.

Examples -

Tea, coffee, soft drinks, sugary food, salty food
Chilies, Onions, garlic, tomatoes, brinjal
Fried and fermented food
Eggs, chicken, fish, red meat

Tamasic food - it depletes one's energy and makes the mind dull.

The person becomes confused and disoriented.

EXAMPLES -

Meat, fish, eggs, mushrooms
Alcohol, tobacco
Vinegar, onions, potatoes, garlic,
Reheated food
Frozen and canned food
Over eating
Artificial sweeteners, preservatives

Eating with mindfulness is very important.

Take a few minutes time before starting the meal. Relax.

Sit comfortably take two long deep breaths.

Focus your attention in the center of your forehead.

Keep your right palm on belly and left palm on your heart

And recite.

Thank you for the food I am going to eat now.

It is delicious and healthy.

Thank you for the feeling that it is filling the baby with health and nutrients.

Everyday my baby is growing and developing perfectly with me.

I am calm and confident

I chew the food properly and feeling relaxed.

Thank you GOD for blessing me this child.

I am happy,

I am healthy,

I am powerful, I can feel the abundance in my life.

I am polite and respectful with the persons I meet.

Everything is good right here right now.

I am at peace with myself.

Wow.....

Thank you God, thank you.

Thank you for the food I am eating for the growth my baby.

Again take two long breaths.

Feel the fulfillment and calm feeling for next few seconds,

And start your meal...

— Dr. Bhavna Chaudhary
(Mindful Parenting)

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