Nutritious Recipes for Pregnancy

TOTAL HEALTH

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INTRODUCTION

You have just discovered that you are pregnant! Among the first things that strikes you is that your caloric requirements have increased, and that you will have to ensure intake of certain nutrients. However you don't know exactly which nutrients and how much to consume to have a healthy baby. You are not alone in your confusion. These questions and concerns have been raised by generations of pregnant women who want the right diet for themselves, their babies and family. Find answers to all your diet queries in this book “Nutritious Recipes for Pregnancy”.

This book is a ready reckoner of healthy foods to meet all your nutritional needs. It is conveniently divided according to the nutrients a pregnant women requires during those nine months, and features recipes rich in Iron, Calcium and Protein, Antioxidants, Vitamin B-complex and Fibre.

The recipes are very simple yet innovative and easy to cook and are sure to appeal to pregnant women with unusual food cravings. Every recipe also highlights the exact amount of nutrients per serving so that you are aware of how the dish is good for you.

We have also included brief details about each of these nutrients, like the importance of the nutrient for the growing baby, its recommended daily allowance for a mum-to-be, and its sources.

I am sure this book will help you and your baby along the path to good nutrition and health.

My best wishes to all the mums-to-be!

Tavla Dalal
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Panch Dhan Khichdi

Another Gujarati favourite! This extremely appetizing mixture of five kinds of grains provides necessary vitamins B₁ and B₃ which you need as an expectant mother. It also offers a hefty dose of fibre!


1 cup rice
2 tbsp whole moong (whole green gram)
2 tbsp whole masoor (split red lentil)
2 tbsp kabuli chana (chick peas)
2 tbsp matki (moath beans)
2 tbsp rajma (kidney beans)
1½ cups chopped onions
4 tsp coriander-cumin seed (dhania-jeera) powder
3 to 4 tsp chilli powder
1 tsp garam masala
½ tsp turmeric powder (haldi)
⅓ cup chopped coriander (dhania)

1 tbsp oil
Salt to taste

To be ground into a paste
4 tbsp freshly grated coconut
4 green chillies, chopped
25 mm. (1”) piece ginger, chopped
7 cloves garlic
2 tbsp water
Other ingredients
2 tbsp chopped coriander (dhania)

1. Wash the rice, moong, masoor, kabuli chana, matki and rajma. Drain and keep aside.
2. Combine the onions, coriander-cumin seed powder, chilli powder, garam masala, turmeric powder, coriander, the ground paste, oil and salt and mix well.
3. Add the rice and the dals to this mixture and mix thoroughly.
4. Transfer to a big handi (deep pot), add 4 cups of water, cover and cook for at least 35 to 40 minutes or until cooked.

Serve hot garnished with coriander

Nutritive values per serving

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Vitamin B₁</th>
<th>Vitamin B₃</th>
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</thead>
<tbody>
<tr>
<td>261 cal</td>
<td>9.0 gm</td>
<td>42.1 gm</td>
<td>6.3 mg</td>
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Panch Dhan Khichdi
Vanilla Diamonds with Guava Sauce

Healthy desserts can be difficult to access. Don't deprive your sweet tooth however. Add colour and flavour to this china grass preparation with guava sauce, which provides plenty of fibre along with vitamin C.


For the vanilla diamonds
10 grams agar agar (unflavoured china grass), cut into small pieces
3 cups milk
2 tbsp milk powder
3 tbsp sugar
½ tsp vanilla essence
2 tbsp cream

For the guava sauce
1½ cups chopped pink guava (peru)
2 tsp lemon juice
2 tbsp sugar

Other ingredients
Oil for greasing
For the vanilla diamonds
1. Combine the agar agar with ¾ cup of water and cook on a slow flame until it dissolves completely. Strain and keep aside.
2. Boil the milk in a sauce pan, add the milk powder mix well and bring to boil.
3. Add the agar agar mixture and vanilla essence and mix gently.
4. Strain the mixture by passing through a sieve and put it to boil.
5. Take off the flame, add the cream and sugar to the mixture and mix gently.
6. Spread the mixture onto a 150 mm. (6") greased round plate (thali). Cool and cut into 8 equal diamond shaped pieces. Keep refrigerated for atleast an hour

For the guava sauce
1. Boil 2 cups of water in a pan, add the guava pieces, sugar and lemon juice and cook till the guava softens.
2. Take off the flame and allow it to cool. Purée in a mixer and strain well.

How to proceed
Pour the guava sauce on top of the vanilla diamonds and serve immediately.

Nutritive values per serving

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Fibre</th>
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<td>18.8 gm</td>
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Vanilla Diamonds with Guava Sauce
Nutritious Recipes for Pregnancy has been specially written for all those expectant mothers who are confused about the best type of food to eat in the nine months leading up to the birth of their baby. Most of you are aware that you have to eat the right nutrients to ensure your baby’s health but might not know exactly what constitutes the right nutrients.

This book is a ready reckoner of healthy foods to meet all your nutritional needs. It is conveniently divided according to the nutrients a mom-to-be requires and features recipes rich in Iron, Calcium and Protein, Antioxidants, Vitamin B-complex and Fibre.

The recipes are simple yet innovative and easy to cook and are sure to appeal to pregnant women with unusual food cravings. The book also contains interesting nuggets of information that will keep you and your baby healthy till the big day!

Have a safe delivery.

“Padma Shri” awardee, Mrs Tarla Dalal is India’s best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘Cooking & More’, which is the best selling cookery magazine in India, under her own name.