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1000 DAYS CYCLE

**Pregnancy and upto child's
second birthday**

FITNESSWITHNIDHI

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Set the foundation
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We welcome all moms to be and new moms to our program. This program is specially designed to help you. Not many moms are aware of how much and when to eat during pregnancy and when to introduce food to infants, so you have different questions. Its our effort to cover all your questions related to prenatal, during pregnancy, during lactation and how to feed your child.

Our specialised help with the nutrition and their over-all care will make things very easy for you.

Nidhi Gupta



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Hi everyone,

I am Nidhi Gupta, fitness influencer, masters in biotechnology and ACE certified personal trainer, fitness nutritionist, Pre and postnatal Fitness Instructor "Fitness with nidhi" is a concept that believes in healthy lifestyle not by including fancy meals and ingredients but by making fitness a daily commitment. Dealing with ladies and their weight loss for more than 5 years, I have decided to come up with maternity and kids nutrition. Everything that you need to know about nutrition starting from being pregnant till your kid is 2 years. The recipes and customised plans are made after expert advice with the team members who are specialist in food and nutrition, maternity and child care.

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PROGRAM INCLUDES



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PRENATAL YOGA



PREGNANCY DIET



PRENATAL WORKOUT

OUR MEDIA COVERED ARTICLE

When you learn that you are pregnant, you would possibly start planning your pregnancy week by week. Daily you would possibly have some questions like

what to eat?

What quantity to eat?

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Can you exercise?

How much weight will you gain?

What's going to be the post pregnancy life?

According to World Health Organisation (WHO) American Academy of Pediatrics (AAP), A standard weight woman (BMI 18.5-25) should gain 25-35 pounds during pregnancy. An underweight female should gain more (28-40 pounds) and an overweight female should gain less (11-20 pounds). If you are thinking you're gaining insufficient or excessive amount, talk with your doctor. Pregnancy workout- Increasing amount of research on exercise during pregnancy has shown that pregnant women can exercise safely without harming the fetus. Further it shows that regular exercise can result in reduced gestational diabetes, c-section, low back pain, anxiety, weight gain etc

Pregnancy Diet- Remember that dieting is not healthy during pregnancy. It's often said that when you're pregnant you're eating for two. But really your calorie needs increase by not more than 15 %. You just need 300 excess calories to support your developing fetus – a bit less within the first trimester and more with in the third. The second trimester is the best part of pregnancy for many ladies. Protein along with nutrient dense food and omega 3 supplements. The third trimester is devoted to putting on weight in the growing fetus, during this trimester it is especially important to consume carbohydrates regularly throughout the day to provide an adequate supply of glucose to the fetus.

Postpartum Nutrition – In post-partum women experience major changes in their lives, they need to accommodate with new internal and external demands of their body, and look after themselves and also the baby. Postpartum is characterised by feelings like not been able to nurse, fear of baby's health etc. Postpartum feeding also suffers from this new condition and ladies find more barriers to healthy eating which may put them at greater risk of obesity. Remember that you are fuelling your body, helping it recover and also nourish the new born. Aim to drink at least a glass of water every time you feed to keep your milk supply up. Its best to

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avoid alcohol throughout pregnancy. After one drink, one must wait for 4 hours before feeding again. Caffeine also should be avoided at high doses. You can easily lose weight by following a few simple steps to begin with. Shift to complex carbs and say a total no to refined sugar and carbs. Include whole grains foods like oats, whole wheat, quinoa. Millets like ragi is a great source of calcium and should be a part of the diet. Ragi porridge can be given to 6-month-old infant once the infant is introduced to solid foods. Dairy products low fat milk, cheese, Greek yogurt. Lentils, eggs, nuts, seeds, green leafy vegetables, sweet potatoes. For healthy fats include nuts, seeds and avocados. It's very important to include lean protein sources like chicken breast, eggs and fish. Apart from these many Indian spices like cumin seeds, ginger, garlic, fenugreek seeds, carom seeds, gongura, turmeric are all important with amazing benefits. Avoid sugary drinks, allpurpose flour (maida), cakes, biscuits, pastries, chips, candies. You need to consume 400-500 extra calories every day to what you were consuming before.

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Postpartum workout- After 9 months of carrying the weight and delivery, jumping back to the pre pregnancy exercise routine, we need to keep in mind a few things, one can resume the pre pregnancy exercise routine once its medically and physically safe. You need to consult your gynaecologist for the same. The amount of time that's 'safe' varies from person to person. This doesn't mean that you cannot start exercising. You just need to start at a moderate pace for about 30 minutes to 1 hour in a day for aerobic exercises and 2-3 days a week for anaerobic (strength/resistance) training. Avoid excessive fatigue and dehydration. Most important exercises to be included are exercises for core strength and low back health like bird dog, dead bugs and planks which will work for diastasis recti as well. You can work to strengthen your pelvic area by performing Kegel exercises. If you have undergone a c-section then your body will need time to heal and regain its strength. Safe postpartum exercises and healthy diet is very important both for your mental and physical health as you recover from pregnancy and child birth. It may look and feel different from your pre pregnancy but never forget that it's only because your body did an amazing job, it grew and gave birth to your baby.

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PREGNANCY

Pregnancy is the stage of women's life when she needs good nutrition not only for herself but also for growing Infant. Demand increases as pregnancy goes on. Nutrition is needed for mother's blood volume, for maternal tissue development, growth of baby and mother store for delivery and lactation.

During pregnancy, poor diets lacking in key nutrients – like iodine, iron, folate, calcium and zinc– can cause anemia, pre-eclampsia, hemorrhage and death in mothers. They can also lead to stillbirth, low birth weight, wasting and developmental delays for infant.

Main nutrition during early pregnancy is vitamin b12 and folic acid because it is needed for the spinal cord and brain connection. For the middle to late pregnancy iron, calcium, vitamin D and protein is required.

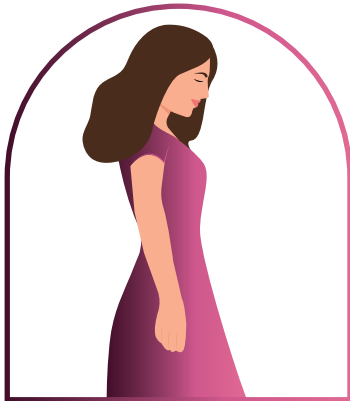


ADVICE DURING PREGNANCY

- ◆ **VISIT DOCTOR**
- ◆ **HEALTHY EATING**
- ◆ **HEALTHY SLEEP**
- ◆ **YOGA**
- ◆ **REST**
- ◆ **WATER**
- ◆ **VITAMINS**

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PREGNANCY TRIMESTERS



1 Trimester

1. Main nutrients are: Folic acid, Iron, protein and calcium.
2. Folate prevents Neural Tube defects.
3. Growing baby derives calcium from your calcium store so you need to take enough calcium in your diet to prevent brittle bones.
4. As the body demands more blood to be supplied for the growing baby, Iron becomes of great importance.
5. Protein requirement increases for your baby.

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2 Trimester

1. Vitamin B 12 is important for the development of your babies nervous system.
2. Vitamin D is important for the development of skeletal system.



3 Trimester

1. High levels of iron and protein is needed in this trimester as the growth of the baby is heavily dependent on healthy placenta.



Baby birth

1. For milk production, energy and protein are needed in appropriate quantities.

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PROBLEMS DURING PREGNANCY

The following are some common maternal health conditions or problems a woman may experience during pregnancy- Morning sickness, Backache, Bladder and bowel problems, Changes to hair, Changes to your skin, Dealing with fatigue, Headaches during pregnancy, Indigestion and heartburn in pregnancy

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MORNING SICKNESS



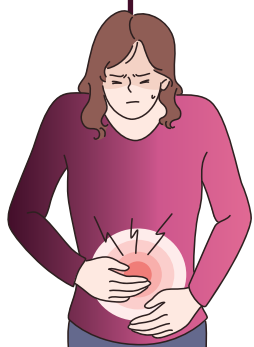
1. Include vitamin C, guava, lemon, amla any citrus fruit.
2. Dry toast with honey or Jam
3. Plain salty crackers and cheese
4. Jelly and custard
5. Popcorn or dry breakfast cereal or homemade granola
6. Fresh or dry fruit

ACIDITY



1. Eat several small meals throughout the day instead of 3 large ones.
2. Eat slowly.
3. Drink between your meals but not with the meals.
4. Drink good amount of water.
5. Avoid fried, fatty and spicy foods.
6. Avoid citrus fruits and juice.
7. Limit caffeine, tea and coffee

CONSTIPATION



1. Good amount of water
2. Include salad, fruits and vegetables in your diet.
3. Whole grains and pulses

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WHAT TO EAT WHILE BEING PREGNANT

Eating healthy and the right quality of food during pregnancy will help your baby to develop and grow and will help you stay fit as well. Make sure that you eat a variety of different foods every day in order to get the right balance of nutrients that you and your baby need.



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You will probably find that you are more hungry than normal, but you don't need to 'eat for two' – even if you are expecting twins or triplets. Have breakfast every day – this will help you to avoid snacking on foods that are high in fat and sugar

COMPLETE PLATE REPRESENTATION

The plate shows how much of each type of food you need to have a healthy and well balanced diet.



Meat, fish, eggs, beans and other non-dairy sources of protein



Bread, rice, potatoes, pasta and other starchy foods

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Fruits and Vegetables

Milk and dairy foods

WHAT NOT TO EAT WHILE BEING PREGNANT

ALCOHOL

1. Alcohol reaches the baby through the placenta.
2. Avoid drinking alcohol in the first 3 months of pregnancy. After this period you can have once in a month. This is advised due to the risk of miscarriage.
3. Drinking alcohol can lead to problems like Fetal Alcohol Syndrome (FAS).



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PILLS, MEDICINES AND OTHER DRUGS

1. Some medicines, including some common painkillers, can harm your baby's health but some are safe, for example medication to treat long term conditions such as asthma, thyroid disease, diabetes and epilepsy.
2. To be on the safe side, you should always check with your doctor, midwife or pharmacist before taking any medicine, make sure that your doctor, dentist or other health professional knows you are pregnant before they prescribe you anything or give you treatment



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WHAT NOT TO EAT WHILE BEING PREGNANT

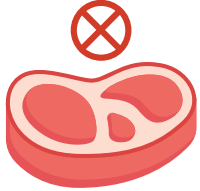
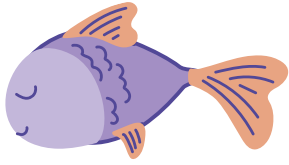
CAFFEINE



1. High levels of caffeine can prove dangerous and result in babies having a low birth weight, Too much can also cause miscarriage.
2. Caffeine is naturally found in lots of foods, such as coffee, tea and chocolate, and is added to some soft drinks and energy drinks. It can also be found in certain cold and flu remedies.
3. Talk to your midwife, pharmacist or another health professional before taking these remedies.
4. You don't need to cut caffeine out completely, recommended is 100 mgs.

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RAW OR PARTIALLY COOKED FOOD



1. Make sure that eggs are thoroughly cooked. This prevents the risk of salmonella food poisoning.
2. Avoid foods that contain raw and undercooked eggs, such as homemade mayonnaise.
3. Cook all meat and poultry thoroughly so that there is no trace of pink or blood.
4. Avoid consuming a lot of fish some species of fish contain high levels of mercury, which can damage your baby's developing nervous system. Don't eat more than two portions of oily fish per week. Oily fish includes fresh tuna (but not canned tuna), salmon, mackerel, sardines and trout.

BENEFITS OF EXERCISE DURING PREGNANCY

1. Reduced constipation, bloating, hemorrhoids.
2. Increased energy.
3. Better muscle tone, strength and endurance.
4. Reduced risk of gestational diabetes.
5. Reduces the chances of caesarean section birth.
6. Better sleep.
7. Better posture

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EXERCISES FOR A FITTER PREGNANCY

Try to fit these exercises into your daily routine. They will strengthen your muscles so that you can carry extra weight, make your joints stronger, improve your circulation, ease backache and generally make you feel well. Should any of the following occur, the exercise should be stopped Vaginal bleeding, painful contractions, amniotic fluid leakage, dizziness, headaches, chest pain, weakness, calf pain

1. Cat- cow
2. Leg raises
3. Wall sits
4. Squats
5. Lunges

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OATS DHOKLA

ENERGY: 150 CALS | PROTEIN: 5 GMS



Ingredients:

- Oats Powder - 2 tbsp
- Besan- 1 tblsp
- Curd- 5-1/2 tblsp
- Kadi Patta (curry leaves) - 4
- Hing- 1/8th tsp
- Rai- 1/4tsp
- Sugar- 1/2 tsp
- Oil- 1 tsp
- Salt

Method:

1. In a bowl add oats powder, besan, salt, sugar and hing.
2. Now add curd, baking powder and mix all ingredients.
3. Steam the mixture for 10 mints and add the tempering made with oil, rai and curry leaves.
4. Cut into small pieces and serve.



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BEET SPROUTS PANCAKE

ENERGY: 152 CALS | PROTEIN: 7.5 GMS



Ingredients:

- Mung dal sprouts - 2 tsp (paste)
- Besan - 2 tsp
- Beet root (grated)- 1 tblsp
- Ginger (grated)- 1/4th tsp
- Zeera powder (cumin) - 1/8th tsp
- Ghee- 1tsp
- Salt
- Water

Method:

1. In a bowl add mung dal paste, besan, beetroot, ginger, zeera, salt, sunflower seeds and water
2. These seeds give healthy glowing skin, rich in vitamin E.
3. Mix well and make batter.
4. On a pan add ghee, spread the batter and cook on both sides.
5. Serve.



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ALSI SUJI LADOO

ENERGY: 280 CALS | PROTEIN: 16 GMS



Ingredients:

- Whole wheat - 1/3rd cup
- Suji- 1/8th cup
- Alsi (Flax Seeds)- 1 tblsp
- Sesame seeds- 1/2 tblsp
- Jaggery- 1/3rd cup
- Ghee- 3 tblsp
- Almond Powder- 6 tblsp
- Black Pepper- 1 tsp

Method:

1. In a pan, add ghee, whole wheat, suji and mix till golden brown in color.
2. Add sesame seeds, almond powder, alsi, black pepper and combine all together.
3. Add jaggery, mix and remove from flame.
4. Let the mixture cool and make into balls.
5. Serve.



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EGG CHICKEN WRAP

ENERGY: 270 CALS | PROTEIN: 28 GMS



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Ingredients:

- 3 Egg Whites
- 50 gms chicken breast
- 1/4th cup yellow capsicum
- 1/4th cup green capsicum
- 1/4th cup red capsicum
- 1/2 onion
- salt
- Black Pepper
- Oregano
- 1 Tsp oil

Method:

1. Make wrap of egg whites and keep aside.
2. Now, add oil and sauté all veggies and chicken for filling.
3. Add salt, black pepper and oregano to the veggies.
4. Add the filling to the egg wrap prepared
5. Serve.



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CHICKEN SANDWICH

ENERGY: 220 CALS | PROTEIN: 18 GMS



Ingredients:

- 2 wholegrain slices
- 50 gms steamed chicken breast
- veggies of choice.
- 50 gms plain greek yogurt

Method:

1. Take greek yogurt in a bowl. Add finely chopped veggies, salt, black pepper and salt.
2. Now add shredded chicken breast to the curd.
3. The filling is ready.
4. Now, apply this filling on the bread slices.
5. Grill and serve.



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At Fitness With Nidhi, you have our personal attention. We customize the diets and workouts for you which will work best for your body type and routine. With our regular follow ups and video consultations, you stay motivated through out the program.

Book a **FREE consultation** with us

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