



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 overall 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



LACTATION



FEEDING YOUR CHILD



**POSTNATAL
WORKOUT**

LACTATION

HOW TO BREASTFEED?

Supporting their neck, shoulders and back should allow them to tilt their head back and swallow easily. Always bring your baby to the breast and let them latch themselves. Avoid leaning your breast forward into your baby's mouth, as this can lead to poor attachment. Your baby needs to get a big mouthful of breast.

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EXPRESSING AND STORING BREASTFEED?

Milk can be expressed by hand or with a breast pump. How often you express depends on why you want to express it. You can store the milk in a sterilized container in fridge for 2 hours. Storing milk in small quantities will help avoid waste. You can even warm the milk to body temperature by putting the bottle in a jug of warm water. Do not microwave.

BENEFITS OF BREASTFEED

BENEFITS FOR BABY

Breast milk antibodies help protect a baby from illness. Breastfeeding may protect baby against middle ear, throat, and sinus infections well beyond infancy, against multiple respiratory and gastrointestinal acute illnesses. Babies exclusively breastfed for 6 months may have a lower risk of getting serious infections. Breastfeeding is linked to a reduced risk of asthma, atopic dermatitis, and eczema. Babies who are breastfed may be less likely to develop Crohn's disease and ulcerative colitis. Breastfeeding promotes healthy weight gain and helps prevent childhood obesity

BENEFITS FOR MOTHER

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Reduce breast cancer, helps in weight management postpartum, helps build mother and child connection, fast recovery after delivery. Breastfeeding reduces your disease risk. Breastfeeding seems to provide you with long-term protection against cancer and several diseases Like high blood pressure, arthritis, high blood fats, heart disease, Diabetes type 2. Breastfeeding may prevent menstruation and helps the uterus contract.

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HOW OFTEN AND LONG SHOULD I BREASTFEED ?

Exclusive breast feed up to 6 months and continue up to 2 years

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HOW TO STOP BREASTFEED?

There is no right or wrong way to stop breast feeding. For many, it will happen gradually but its important to note that introduction of food, doesn't mean replacing breast feed. Science has proved that breast milk is required to help baby's digestive system to deal with their first solid foods. Cow's milk is not suitable under 1 year. Drop 1 feed at a time.

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WEANING

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Your baby is growing and baby will needs to achieve all the growth parameters. For this the baby needs nutrition so here comes weaning. Weaning is the process of gradually introducing an infant to what will be its adult diet while withdrawing the supply of its mother's milk.

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WHY WEANING IS IMPORTANT?

After 6 months baby need more nutrition for growth and development mother milk is not enough for it. Baby needs iron and iron store in babies life is reducing

WHEN TO START?

Introducing your baby to solid foods, sometimes called complementary feeding or weaning, should start when your baby is around 6 months old. Baby is holding his neck properly and sit with support and start putting things in his mouth. At the beginning, how much your baby eats is less important than getting them used to the idea of eating and good nutrition.



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WHAT HAPPENS WHEN YOU WEAN THE BABY TOO EARLY?

Introducing solids too soon may increase the risk of asthma, eczema, digestive problems, allergies and obesity in later life.

BABY FOOD RECIPES

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COMPLETE NUTRITION



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RICE / DAL + CARROT PORRIDGE

ENERGY: 80 KCALS | PROTEIN: 3 GMS



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Ingredients:

- 15gm rice or jowar or 15gm moong dal or 15gm of wheat flour or 20gm of poha
- 15gm carrot or 20gm of apple or 10gm lauki or 10 gm of potato or sweet potato
- Salt a pinch
- Ghee half tea spoon

Method:

1. Wash dal and rice. Peel the carrot and cut in small pieces.
2. Take half cup of water in a pressure cooker add all the ingredient into it and give it 2 whistle on low flame.
3. Open the pressure cooker mix all the ingredients and mash them properly.
4. Heat ghee and add a pinch of hing in it then add it to mashed porridge mix it and feed it to your baby



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WHEAT PORRIDGE

ENERGY: 70 KCALS | PROTEIN: 2 GMS



Ingredients:

- 15gm wheat flour or Ragi 2gm
- Besan 20gm
- Jaggery 2gm
- Milk 100ml
- Ghee 1 tea spoon
- Nuts powder
(2almonds 1 walnut 2 cashewnut)

Method:

1. Take ghee and add wheat flour, ragi and besan.
2. Saute and add jaggery, nuts powder (made by grinding almonds, walnut and cashews).
3. Now add milk.
4. Cook well.
5. Let it cool a little and serve.



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SWEET POTATO SCRAMBLE

ENERGY: 76 KCALS | PROTEIN: 0.5 GMS



Ingredients:

- 1/2 cup sweet potato puree
- 1/2 cup milk
- 1 tsp Butter or olive oil
- Pinch of oil

Method:

1. Warm the butter or olive oil in a pan.
2. Mix sweet potato and milk in a bowl and whisk together.
3. Add this mixture to the warm pan and scramble with a wooden spoon until thoroughly cooked.
4. A perfect source of vitamin A for baby healthy vision.



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PUMPKIN N APPLE MEAL

ENERGY: 30 KCALS | PROTEIN: 0.2 GMS



Ingredients:

- 1/2 cup fresh pumpkin, peeled and diced
- 1/2 cup apple, peeled and diced
- 1 cup water
- a pinch of cinnamon
- 2-3 drops of lemon (optional)

Method:

1. Mix all the items in medium saucepan.
2. Bring ingredients to gentle simmer and continue to simmer on low flame until soft.
3. Let it cool don, mash/ puree if required.
4. Full of vitamin A,C and B complex and help to prevent from cold and cough.



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SUJI KHEER

ENERGY: 110 KCALS | PROTEIN: 5 GMS



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Ingredients:

- 25gm suji
- 2gm jaggery
- Milk 50ml

Method:

Dry roast the Suji make it golden brown then add milk and jaggery powder and mix slowly it make a thick mixture of it mix it properly and nuts nuts powder one teaspoon makes it and serve it to your baby.



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SPINACH AND PUMPKIN PUREE

ENERGY: 25 KCALS | PROTEIN: 2 GMS



Ingredients:

- 7 to 8 leaves of spinach
- 10gm of pumpkin
- 4 to 5 leaves of coriander
- 5gm of roasted besan
- Ajwain a pinch
- Hing a pinch
- Salt a pinch
- Ghee 1 tea spoon
- Milk 50ml
- Water 50ml

Method:

1. Wash all the vegetables then peel them and chop into wedges.
2. Heat pressure cooker add ghee.
3. then add ajwain, cumin seeds and let them crackle, then add hing, water and all the other ingredients.
4. Give three whistle and blend.
5. Make a thick paste and feed it to your baby.



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KHICHDI

ENERGY: 110 KCALS | PROTEIN: 5 GMS



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Ingredients:

- Rice 25gm
- Dal 15gm
- Potato 10gm
- Carrot 10gm
- Hing a pinch
- Zeera (cumin) a pinch
- Salt
- Water - 1.5 cup
- Ghee- 1 tsp

Method:

1. Take a cooker, add ghee, hing and zeera.
2. Stir well and add potato and carrot to it.
3. Saute and add rice, dal and salt.
4. Add water and close the lid.
5. After 1 whistle, keep on low flame for 2-3 minutes.
6. Let it cool and serve.



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RAISIN AND FRUIT PUREE

ENERGY: 60 KCALS | PROTEIN: 1.5 GMS



Ingredients:

- Apple half medium
- Banana half
- 4 to 5 blueberries
- Raisins 5 soaked
- Beetroot 5gm optional

Method:

Blend them all together and mashed it with chapati and feed it to your baby. Rich source of vitamin A,B,C and antioxidants.



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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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