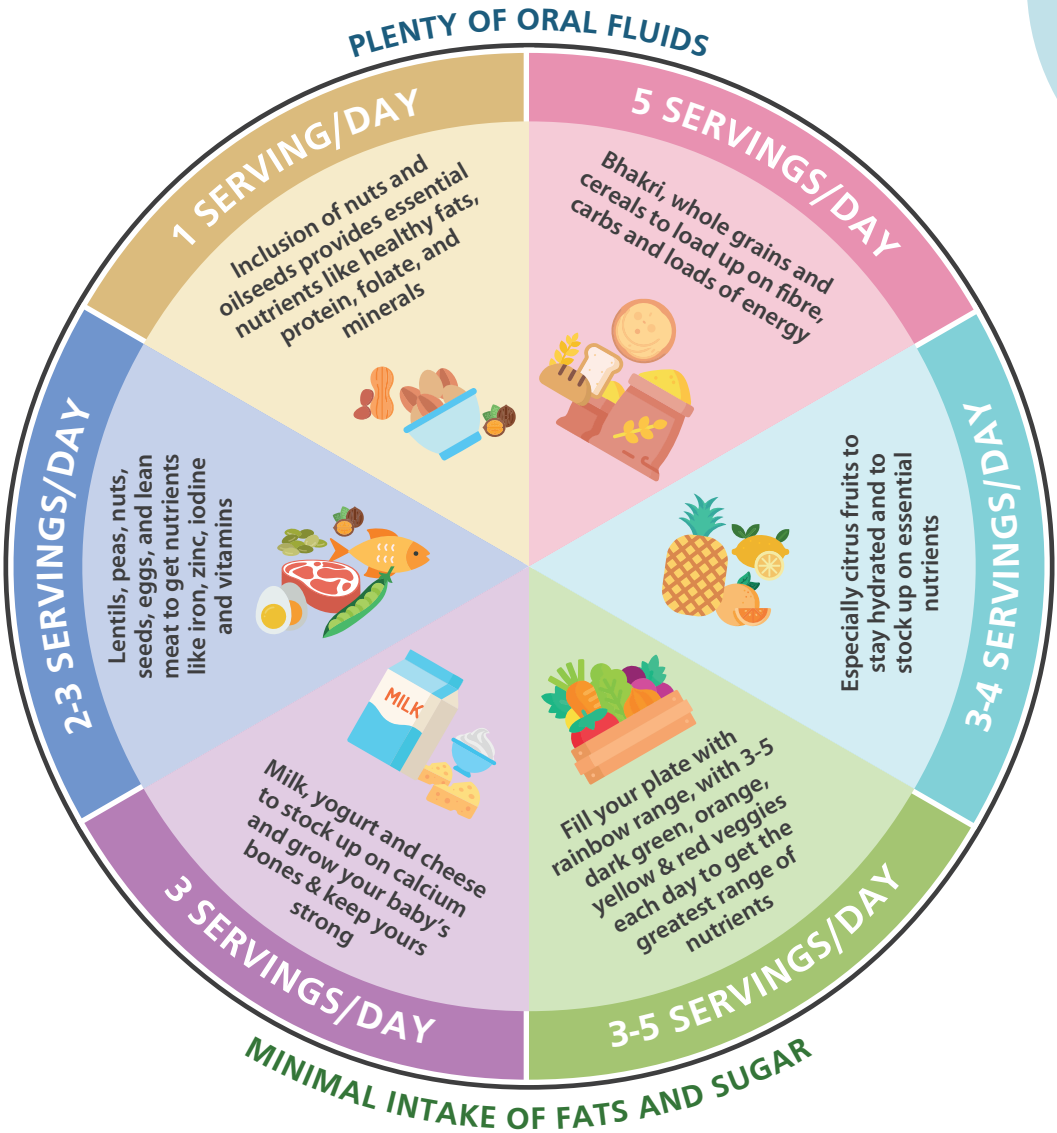




MATERNITY PLATE



1ST TRIMESTER



ENERGY:

1650 Kcal/Day
(For 55 Kg body weight)

PROTEIN:

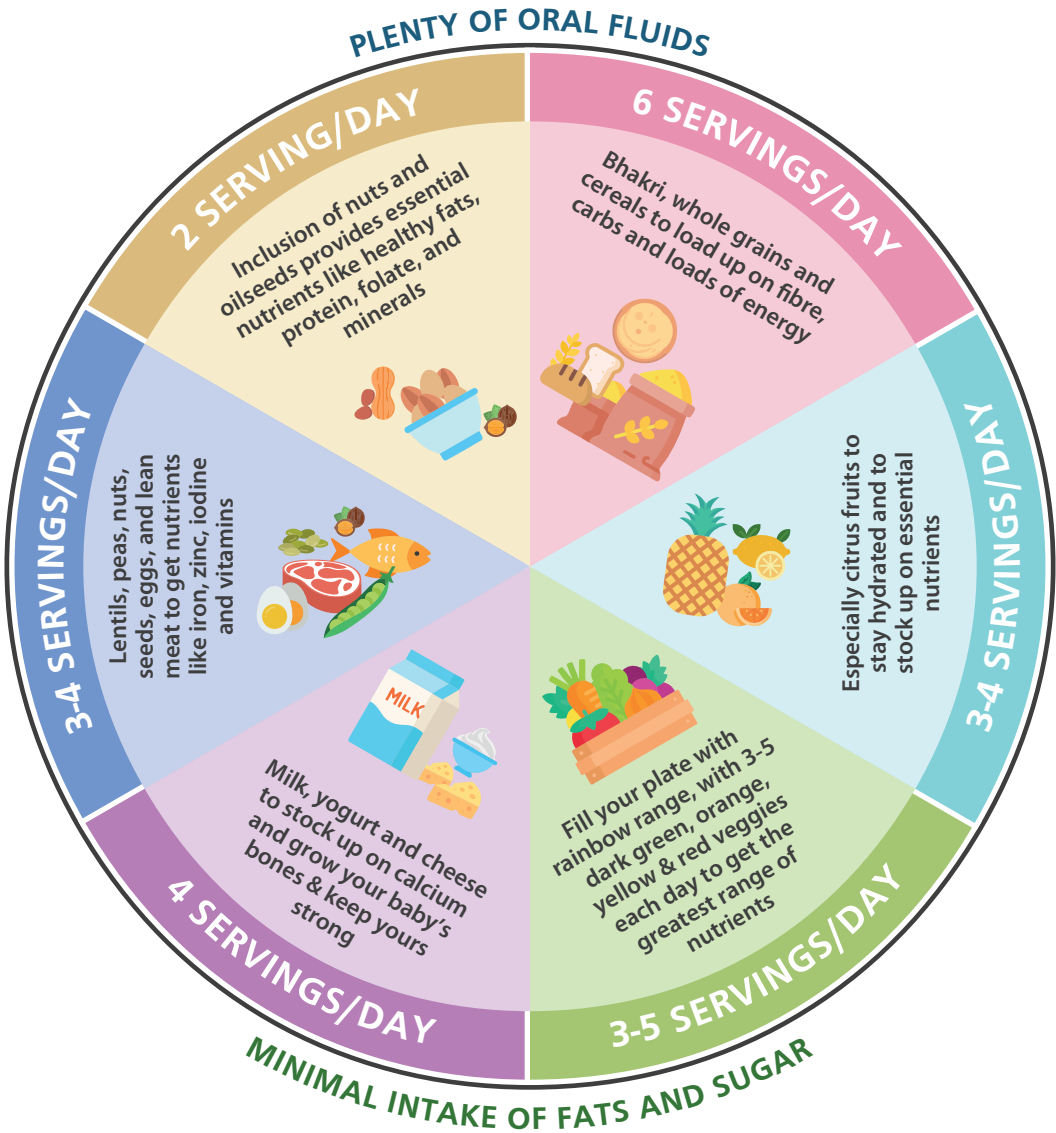
45G/day
(For 55 Kg body weight)

ESSENTIAL NUTRIENTS:

Folic Acid, Protein, Calcium, Iron, Vit C, Potassium, DHA

*Nutritional requirements may vary according to the clinical condition and weight.
Kindly contact Nutrition Therapy department for further guidance

2ND TRIMESTER



ENERGY:

1800 Kcals/Day
(For 60 Kg body weight)

PROTEIN:

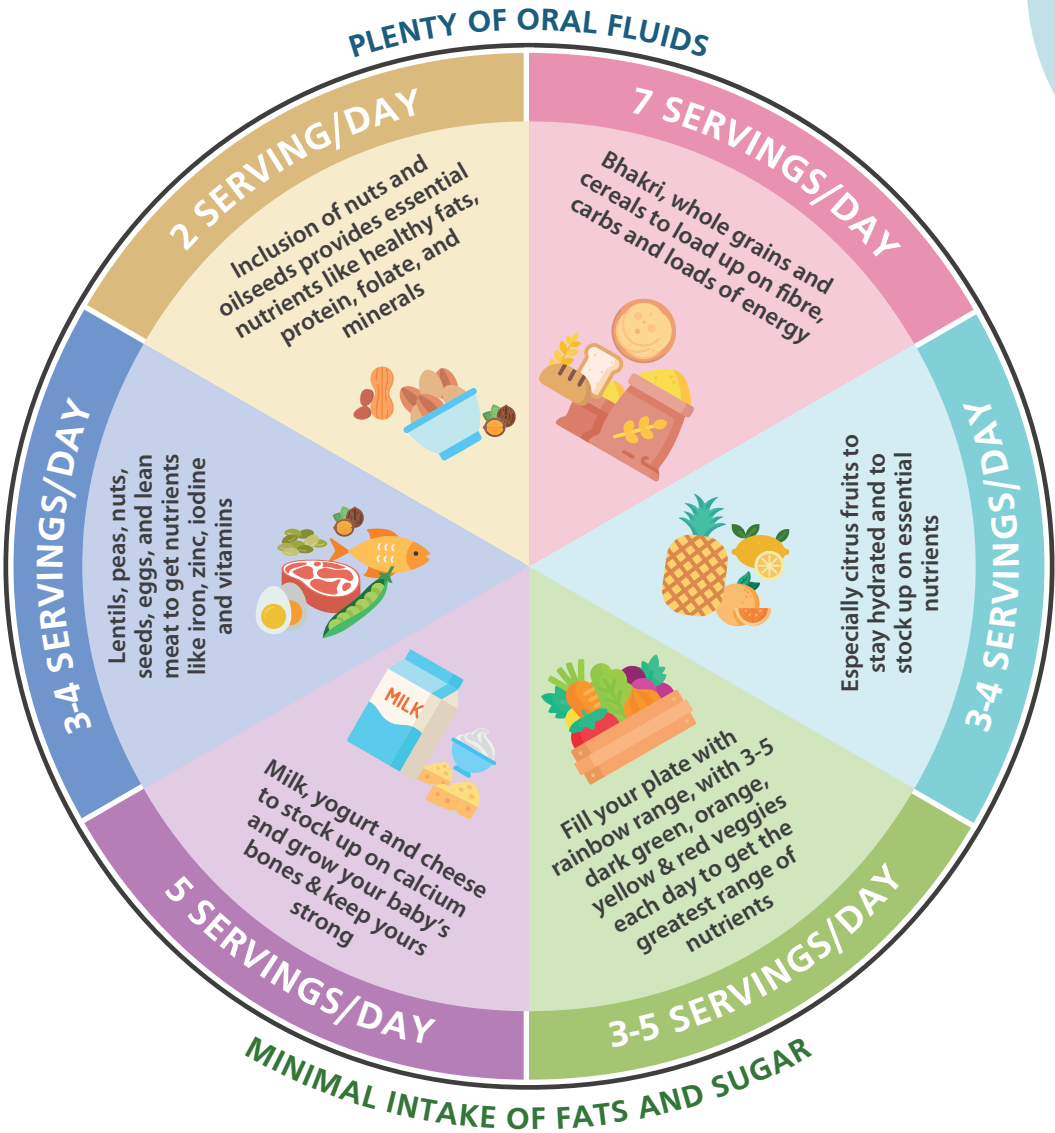
54G/day
(For 60 Kg body weight)

ESSENTIAL NUTRIENTS:

Omega 3 Fatty Acids,
Folic Acid, Protein, Calcium,
Iron, Vit C, Potassium

*Nutritional requirements may vary according to the clinical condition and weight.
Kindly contact Nutrition Therapy department for further guidance

3RD TRIMESTER



ENERGY:

1950 Kcals/Day
(For 65 Kg body weight)

PROTEIN:

70G/day
(For 65 Kg body weight)

ESSENTIAL NUTRIENTS:

Folic Acid, Protein, Calcium, Iron, Vit C,
Potassium, DHA, Magnesium, B6, B12,
Omega 3 Fatty Acids

*Nutritional requirements may vary according to the clinical condition and weight.
Kindly contact Nutrition Therapy department for further guidance



Fortis Hospital, Mulund

Mulund - Goregaon Link Road, Mulund (West), Mumbai – 400 080

To book an appointment ☎ **022 4111 4111**
For emergency ☎ **022 4925 4400**

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