



Dr. B. Jerish Neeraj
Founder & Director & CEO - JIM MEDICO (PVT) LTD

[Company Registration No: PV 00338825]

Lecturer | Physician | Health Psychology, Clinical Nutrition & Medical Management Consultant | Biomedical Engineer | Medical Scientist | Chartered Manager | Medical Advisor | Medico-Legal Advisor

**MBBS (Clinical Medicine) (China), LLB (Hons) (UK), BEng (Hons) (Biomedical Engineering) (UK)
 LLM (International Business Law) (UK), MBA (Health Sector Management) (UK), CMgr-MCPM (CPM, SL)
 PhD (Medical Law & Ethics with Health Psychology) (KH), DBA (Health Services Management) (MYS)
 MPhil (Clinical Nutrition) (PGIA, SL) (Reading)**

Mrs. Ramya Janarth
 Reg. Dietitian | SLMC Reg No: 07 | Member: NSSL, DIASL
 BSc (Nutrition & Dietetics) (India) | Member: IAPEN
 PGCert. (Human Nutr) (UK), MSc (Food Sci & Nutrition) (SL)

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 Reg. Physician | SLMC Reg No: 44175

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 Acting Consultant JMO - Ministry of Health, SL
 MBBS (SL), DLM, MD (Forensic Medicine) (SL)

Mr. S. Vakeeshan
 Reg. Physiotherapist | SLMC Reg No: 0398
 BSc (Hons) (Special in Physiotherapy) (SL)

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 Reg. Physician | BSMS Reg No: 16197

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 Senior Lawyer - District Court of Mannar
 LLB (SL), Attorney-at-Law (SL)

Mr. K. Lavan
 Reg. Medical Laboratory Technologist | SLMC Reg No: 923

Mr. P. J. T. Thilpkumar, [BPharm-Hons]
 Reg. Pharmacist | SLMC Reg No: 9413

Mr. M. M. M. P. Manathunga
 Senior Lawyer - Supreme Court of Colombo
 LLB (SL), Attorney-at-Law (SL)

Date: 10.10.2025

Name: Mrs. [REDACTED]
Age: 28 Y

Daily Nutritional Guidelines for Pregnant Women – First Trimester

Nutrient	Recommended Daily Intake	Food Sources
Calories	+100–150 kcal above normal	Whole grains, fruits, yogurt, milk
Protein	70–80 g	Lean meat, fish, eggs, legumes, tofu
Folate (Vitamin B9)	400–600 µg	Spinach, broccoli, citrus fruits, fortified cereals
Iron	27 mg	Red meat, green leafy veg, lentils, iron-fortified cereals
Calcium	1000 mg	Milk, cheese, yogurt, sesame seeds
Vitamin D	10 µg	Sunlight, eggs, fortified milk
Iodine	220 µg	Iodized salt, seafood, dairy
Omega-3 (DHA)	200–300 mg	Salmon, sardines, walnuts, flaxseeds
Water	2–2.5 L	Water, soups, fruit-infused water

Meal Planning Tips:

Morning: Start with a glass of warm water with lemon and Eat a small snack before getting out of bed (e.g., dry crackers) if nauseous

Breakfast: Whole-grain toast + boiled egg + fruit smoothie, Yogurt with nuts or banana

Lunch: Brown rice, grilled chicken/fish, mixed vegetables, salad

Evening Snack: Whole fruit or vegetable soup

Dinner: Lentil soup, steamed vegetables, chapati, or rice
Before Bed: A glass of warm milk

Foods to Avoid: Raw or undercooked meat, eggs, and fish, Unpasteurized dairy products, Excess caffeine (<200 mg/day; ~1 cup coffee) Alcohol and energy drinks, Processed/junk foods with high sugar or fat

Clinical Notes:

- Take prescribed **folic acid** and **iron + calcium supplements** regularly,
- Monitor **weight gain:** about **0.5–2 kg in 1st trimester** is normal.



Mrs. Ramya Janarth
Reg. Dietitian

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Physician & Medico-Legal Advisor