

HEALTHY WEIGHT GAIN

DURING PREGNANCY



It is important to gain a healthy amount of weight during pregnancy. Gaining too much can cause problems like gestational diabetes and high blood pressure. Not gaining enough weight may cause your baby to be born too early or too small—which can be dangerous.

WHAT IS A HEALTHY WEIGHT?

You can use the information below as a general guide, but it is best to review your weight gain goal with your doctor.

HOW MUCH SHOULD I GAIN?

Your Pre-Pregnant Weight	How Much You Should Gain During your Pregnancy	How Much You Should Gain in the 2nd and 3rd Trimester
Underweight	28-40 pounds	1 to 1½ pounds per week
Healthy Weight	25-35 pounds	About 1 pound per week
Overweight	11-25 pounds	½ to ¾ pound a week

WHERE DOES THE WEIGHT GAIN GO?

Weight Goes to:

Breasts
Blood
Uterus (womb)
Amniotic Fluid
Placenta
Baby
Fluid
Maternal Tissue

Pounds Gained:

1 lb
3½ lbs
1-3½ lbs
2 lbs
1½ lbs
8 ½ lbs
3-6 lbs
8-10 lbs



TIPS TO HELP YOU GAIN A HEALTHY AMOUNT OF WEIGHT:

- **Be slow and steady with your weight gain.** Remember, you are eating to help your baby grow. To give your baby the best possible start, eat a variety of healthy foods every day.
- **Forget about “eating for two”.** Energy needs after the first trimester increase by about 200-400 calories per day. A glass of milk and half a sandwich would provide these extra calories.
- **Fill half your plate with fruits and vegetables and choose whole grains** like oatmeal, brown rice, whole wheat bread, and whole wheat tortillas.
- **Eat fewer foods with “empty calories”.** Foods with empty calories have a lot of sugar or fat but very few vitamins or minerals. Candy, fried foods, chips, sweetened drinks, cookies, cake, and donuts are examples of empty calorie foods that should just be eaten occasionally.
- **Be active at least 30 minutes a day,** unless your doctor has told you to limit exercise. Walking, yoga, and swimming are great pregnancy exercises that can help you feel more energetic, have less back pain, and make delivery easier. Check for exercise classes in your community.
- **Take care of yourself.** Minimize stress to have a healthier pregnancy.



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