



## 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: | Pounds Gained: |
|-----------------|----------------|
| Breasts         | 1 lb           |
| Blood           | 3½ lbs         |
| Uterus (womb)   | 1-3 ½ lbs      |
| Amniotic Fluid  | 2 lbs          |
| Placenta        | 1½ lbs         |
| Baby            | 8 ½ lbs        |
| Fluid           | 3-6 lbs        |
| Maternal Tissue | 8-10 lbs       |

