

healthy weight gain during pregnancy



Gain the right amount of weight for both you and your baby.

Gaining too much weight can increase your risk of gestational diabetes, high blood pressure, backaches, varicose veins, indigestion, difficult labor and delivery. This extra weight can be hard to lose after your baby is born.

If you **don't gain enough weight**, your baby could be born early with a low birth weight and health problems.

how much weight do you need to gain?



This depends on what your weight was when you became pregnant.

Ask your health care provider what your BMI was, or find it on ChooseMyPlate.gov.

if your BMI was...	you are...	gain a total of...
< 18.5	Underweight	28 to 40 lbs
18.5 to 24.9	Normal Weight	25 to 35 lbs
25.0 to 29.9	Overweight	15 to 25 lbs
≥ 30.0	Obese	11 to 20 lbs

Talk to your health care provider if you are having twins or triplets. You will need to gain more weight for your babies.

should you eat for two?

Yes, but your baby is very little. You only need an extra **300 calories** each day while pregnant. That's not much!

Your baby does need a wide variety of healthy foods with protein, calcium, iron, vitamins and minerals. Your baby will grow very fast during these 9 months and depends on you to **choose the right foods**.

Be active for at least 30 minutes on most days, unless your doctor tells you not to.



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keep track of your weight gain



Use the following chart to write down your weight measured at your health care appointments:

my baby is due: _____

beginning weight: _____

weight total weight gained

what I need to gain: _____

weight slow and steady

Most women gain about 1 to 4 pounds in the first trimester.

For the first trimester plan to gain:

you are...	gain...
Underweight	1 pound each week
Normal Weight	1 pound each week
Overweight	.6 pound each week
Obese	.5 pound each week

...during your second and third trimester.

Every pregnancy can be different.

You may have one or two 'growth spurts' where you gain weight a little faster and then your weight will slow down.

This may be normal. Talk to your health care provider about your weight gain and how your baby is growing.

control your weight gain

Get ideas on how to slow down or increase your weight gain if needed.



This card provides general nutrition information. Advice should be obtained from your health care provider. P270