

How Much Weight Should I Gain?

You should gain weight gradually during your pregnancy, with more of the weight gained in the last 3 months. Many health care providers suggest women gain weight at the following rate:

- ▶ 1 to 4 pounds total during the first 3 months (*first trimester*)
- ▶ 2 to 4 pounds per month during the 4th to 9th months (*second and third trimesters*)

The total amount of weight to gain during pregnancy depends on how much you weighed when you became pregnant. Talk with your health care provider and WIC nutritionist to find out what amount is right for you.

General Guidelines:

Prepregnancy Body Mass Index (BMI)	BMI (kg/m ²)	Total Weight Gain
Underweight	<18.5	28-40 pounds
Normal Weight	18.5-24.9	25-35 pounds
Overweight	25-29.9	15-25 pounds
Obese	≥30	11-20 pounds

Did you know? Women pregnant with multiples need to gain more weight to help support the growth of multiple babies. Normal weight women should gain 37-54 pounds, overweight, 31-50 pounds and obese, 25-42 pounds during pregnancy.

Guidelines for Exercise in Pregnancy

Avoid contact sports, activities that increase your risk of falling and jerky, bouncing movements.

- ▶ Don't exercise on your back after the 1st trimester
- ▶ Avoid working out in very hot weather
- ▶ Exercise at least 30 minutes on all or most days of the week (150 minutes total per week)
- ▶ Warm up and cool down
- ▶ Take frequent breaks and drink plenty of fluids
- ▶ Never exercise to the point of exhaustion

Stop exercising and call your health care provider if you experience faintness, headache, pain, bleeding or have trouble walking.

References:

- www.mayoclinic.com/health/pregnancy-weight-gain/pr00111
- www.foodinsight.org/Content/6/RevisedHealthyEatingPregnancy809.pdf
- www.womenshealth.gov/pregnancy/you-are-pregnant/staying-healthy-safe.cfm#b
- www.choosemyplate.gov/mypyramidmoms/pregnancy_weight_gain.aspx
- www.health.gov/PAGuidelines/
- www.iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx



Utah WIC Program | 1-877-WIC-KIDS | www.health.utah.gov/wic

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I want to be
healthy for me
& my baby.



How can I gain
more weight?

Nutrition for Healthy Lives



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Where Does All That Weight Go?

Baby	7–8 pounds
Larger breasts <i>(preparing to breastfeed)</i>	2 pounds
Larger uterus	2 pounds
Placenta	1.5 pounds
Amniotic fluid	2 pounds
Increased blood volume	3–4 pounds
Increased fluid volume	3–4 pounds
Fat stores	6–8 pounds

Risks of Gaining Too Little Weight

Women who gain too little weight during pregnancy are more likely to have...

- ▶ Babies born early (*premature*)
- ▶ Babies born too small (*small for age*)
- ▶ Babies with delayed development
- ▶ Babies with heart or lung problems



What Can I Do To Gain More Weight?

If you've gained less weight than recommended, talk with your health care provider or WIC nutritionist. Nausea can make you feel less hungry and affect your weight gain. Along with a healthy diet, taking a prenatal vitamin can help you to get the right amount of nutrients to help support your pregnancy.

To cope with nausea

- ▶ Get up slowly when you wake up; keep some crackers by the bed
- ▶ Eat small amounts of bland, low-fat foods every 1-2 hours
- ▶ Focus on foods that appeal to you and avoid smells that make you sick
- ▶ Drink liquids, but take small sips
- ▶ Take prenatal vitamins with meals, change brands, cut in ½ or take at night
- ▶ Open the window to let fresh air in and stale air out

To increase calories

- ▶ Eat small, frequent meals
- ▶ Focus on high-calorie, nutrient rich foods
 - ▶ Whole grains, granola
 - ▶ Starchy vegetables and dried fruit
 - ▶ Protein foods (*beef, chicken, pork, eggs, beans, nuts*)
 - ▶ Whole milk, yogurt, cheese
- ▶ Eat more at times of day when you feel the hungriest
- ▶ Add healthy fats to your food (canola or olive oil, peanut butter, cheese, tub margarine)
- ▶ Make a protein shake when you're not hungry for a meal
- ▶ Mix powdered milk into foods

Why Should I Exercise during Pregnancy?

Staying active during pregnancy can help to lessen your nausea and have a healthy pregnancy and delivery. Exercise is safe for most pregnant women. Talk to your health care provider to find out what type of physical activity is safe for you.

Benefits of exercise during pregnancy

- ▶ Lessens nausea
- ▶ Helps with constipation, backaches
- ▶ Improves sleep
- ▶ Gives you more energy
- ▶ Improves mood

Did You Know? Women who exercise during pregnancy may have shorter labors and easier deliveries.

