

My Healthy Weight Gain

Women need to gain weight during pregnancy.

Your growing baby adds weight.
You also gain more fluids and muscle.

How much weight should I gain?

First, how much did you weigh before you became pregnant?

That will show if you were:

- underweight
- normal weight
- overweight

Your blood:
3-4 pounds

Your protein and fat storage:
8-10 pounds

Your body fluids:
3-4 pounds



Breasts:
1-2 pounds

Baby:
6-8 pounds

Placenta:
1-2 pounds

Uterus:
1-2 pounds

Amniotic Fluid:
1-2 pounds

Total weight gain: 25-35 lbs.

During the first 3 months of pregnancy

Gain a total of 2-5 pounds.

During the last 6 months of pregnancy

These guides are based on how tall you are, and how much you weighed before you were pregnant.

❑ Underweight

Gain a total of 28 to 40 pounds.

Gain 4 or more pounds each month.

❑ Normal Weight

Gain a total of 25-35 pounds.

Gain 3-4 pounds each month.

❑ Overweight

Gain a total of 15 -25 pounds.

Gain 2 pounds each month.

For a Healthy Pregnancy

- Take your prenatal vitamins every day.
- Eat breakfast every day. Eat every 3-4 hours.
- Eat lots of vegetables and salads.
- Drink 4 or more glasses of water each day. Plain water is good for your body. Avoid sweet drinks.
- Use vegetable oils and avoid lard and shortening. Use oil and vinegar or fat free salad dressings on your salad.
- Eat fresh fruit for snacks.
- Eat more whole grains like corn tortilla, 100% whole wheat bread and brown rice.
- Exercise every day.

Design and layout courtesy of Alameda Alliance for Health.

This project was supported by funds received from the California Department of Public Health, Maternal, Child and Adolescent Health Program. MCAH, Alameda County Public Health Department. 03/09.