

# Healthy Weight Gain During Pregnancy



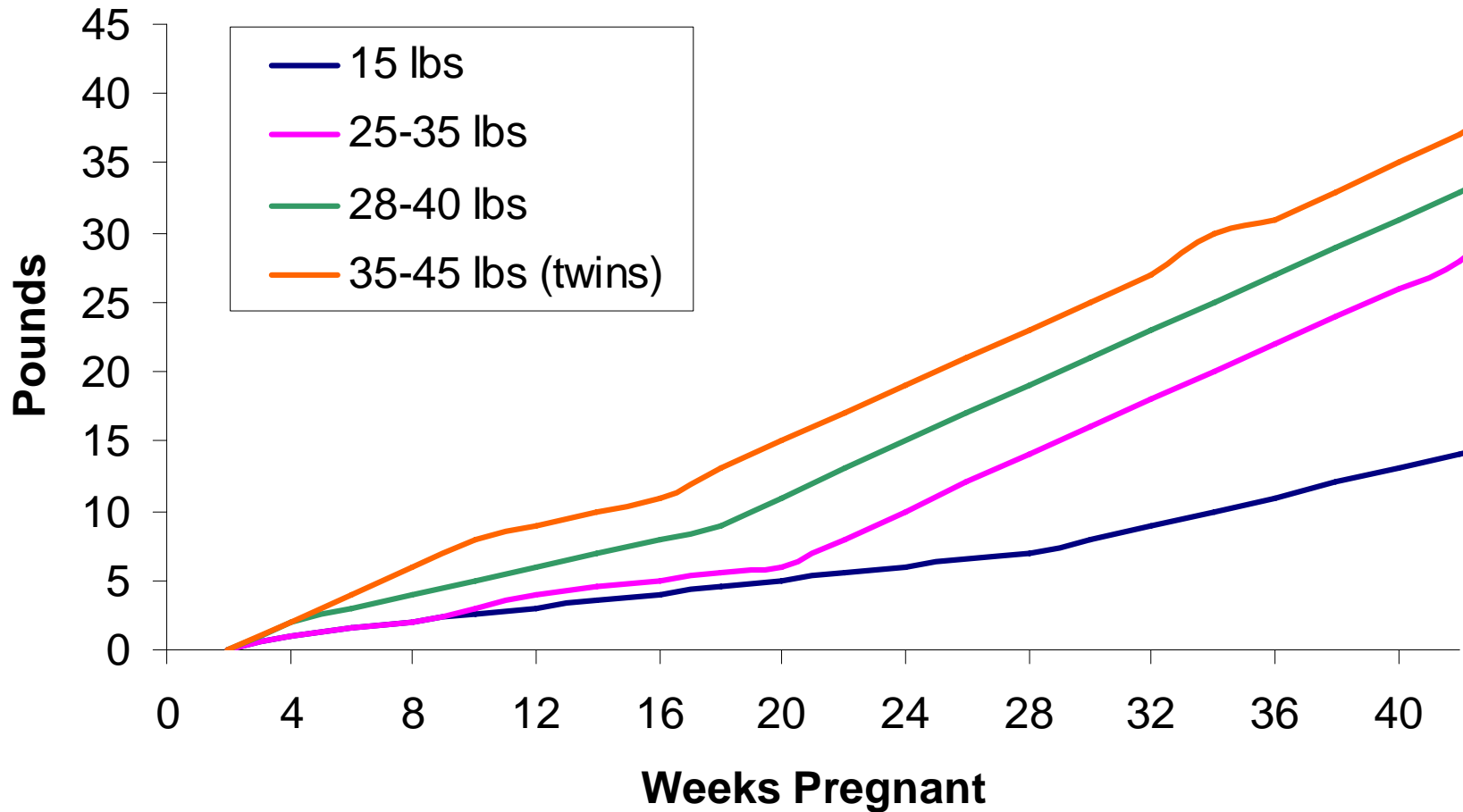
INOVA BabyNET

# Healthy Weight Gain

- The March of Dimes suggests the following for weight gain during pregnancy:

<b>Underweight Women</b>	<b>28-40 pounds</b>
<b>Normal Weight Women</b>	<b>25-35 pounds</b>
<b>Overweight Women</b>	<b>15-25 pounds</b>
<b>Twins</b>	<b>35-45 pounds</b>

# Weight Gain During Pregnancy Distribution



# Healthy Weight Gain

- You should consume an extra 300 calories per day on average. Here are some examples of 300 calorie snacks:



1 cup cereal with  
8oz low fat/skim milk &  
1 banana



1 bowl of soup &  
a small tossed salad  
with a light dressing



# Healthy Weight Gain

- 300 calorie snacks continued...



1 cup yogurt &  
1 apple



1 slice of whole grain  
toast with peanut butter

- An extra 300 calories per day is not a lot. Make your calories count, choose snacks that are high in nutrition and low in calories.

# Healthy Weight Gain

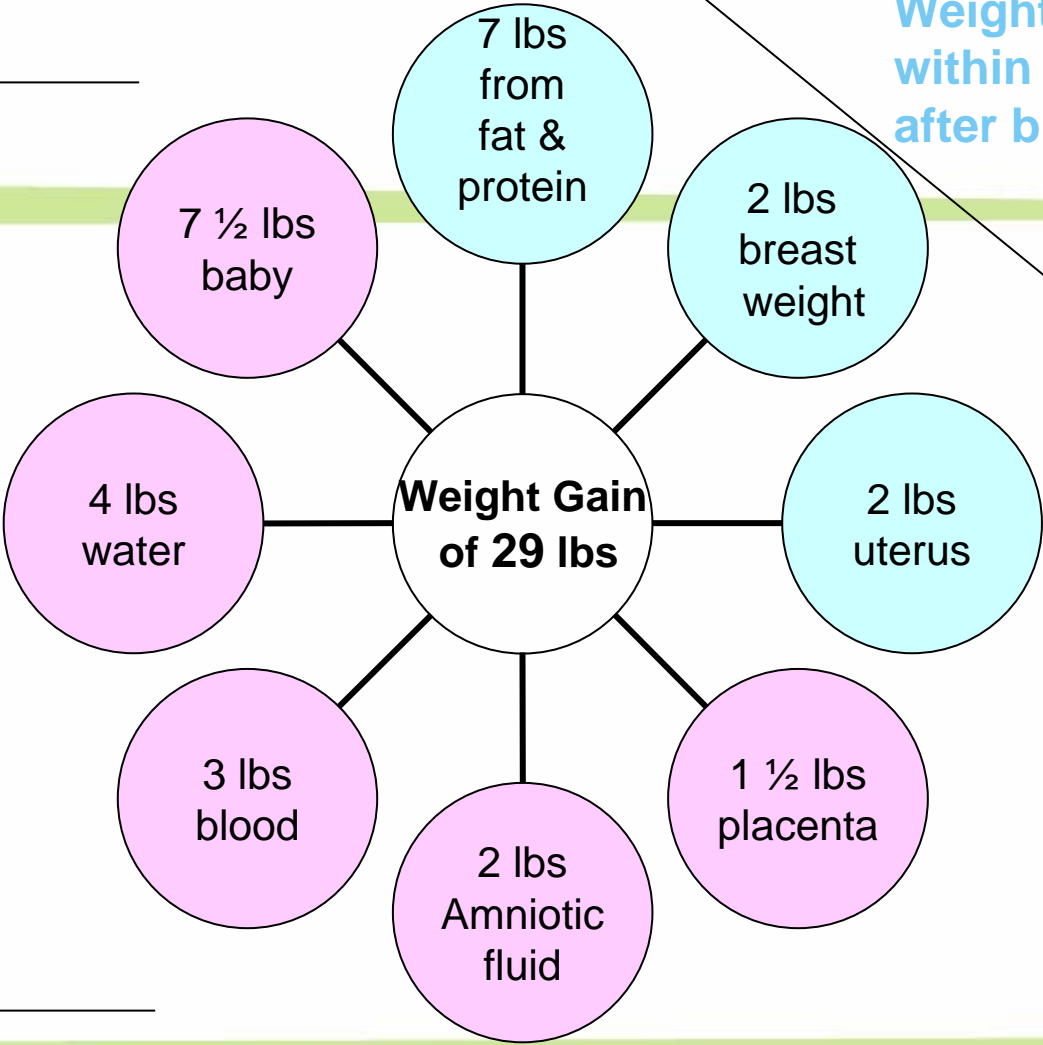
- During pregnancy you should expect to gain about:
  - 6 pounds during your 1<sup>st</sup> trimester
  - 1 pound every week during your 2<sup>nd</sup> and 3<sup>rd</sup> trimesters
  - If you are pregnant with twins you will gain about 1 ½ pounds every week during the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters



## Where does all the weight go?

According to the March of Dimes the following picture shows estimated weight distribution during pregnancy for a normal weight woman

Weight that comes off within 6-12 months after birth



Weight lost at or soon after birth

# Healthy Weight Gain

- Remember to eat when you are hungry. Pregnancy is a great time to start habits that will make a difference for the rest of your and your baby's life time!

