

WEIGHT GAIN DURING PREGNANCY

Pregnancy and weight gain is a topic of interest amongst pregnant mothers and is something that should be taken into consideration with your nutrition plan and discussed with your coach.*

**All pregnant women will work with one of our Registered Dietitians.*

It is important to be aware of how much weight you should be gaining and when because it is important for the health of both you and your baby.

Slow and steady wins the race! Gaining too much or too little can lead to various issues during pregnancy and after you give birth - having an open discussion with your doctor or midwife is always recommended if you have any concerns.

How much weight you should gain during pregnancy is based on your body mass index (BMI) before pregnancy. BMI is calculated by comparing your weight to your height. The table below shows the amount of weight it is recommended to gain depending on which BMI category you fall into.



Pre-Pregnancy Weight Category	BMI	Recommended Range of Total Weight
Underweight	Less than 18.5	28-40lbs
Normal Weight	18.5-24.9	25-35lbs
Overweight	25-29.9	15-25lbs
Obese	30 and greater	11-20lbs

SO WHERE DOES THE PREGNANCY WEIGHT GO?

It may seem like it is all in your belly but that is not the case;

For a 25-35lb pregnancy weight gain here is the approximate breakdown:

- **BREASTS: 1-2 lbs**
- **BABY: 6-8lbs**
- **PLACENTA: 1-2lbs**
- **AMNIOTIC FLUID: 2-3lbs**
- **YOUR BLOOD: 3-4lbs**
- **YOUR PROTEIN & FAT STORAGE: 8-10lbs**
- **YOUR BODILY FLUIDS: 3-4lbs**



Real Life Application

KNOWLEDGE = BEHAVIOR

What are some tips to help you gain the recommended amount of weight?

First – Know your needs. How many additional calories should eat while pregnant?

- **First Trimester:** Think maintaining! You do not need additional calories in the first trimester because you don't need to gain weight unless you are underweight.
 - **Second Trimester:** You will need an additional ~340 calories per day and can expect to gain about 12 to 14lbs.
 - **Third Trimester:** You will need ~450 additional calories per day and can expect to gain about 8 to 10lbs. Take note that your weight will likely slow down and your baby's weight will pick up.
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Second – Eat a balanced diet. While you may get to eat a little bit more than usual, this is not the time to ignore the nutrient quality of your foods. You don't just need more calories, you need more vitamins and minerals too! Make most of your diet fruits, vegetables, whole grains, lean proteins, and healthy fats (but fit treats in sometimes too.)



Third – Stay active. How active you were before you became pregnant, will impact how active you should be during your pregnancy. Chat with your doctor about recommendations specific to you. However, most women will benefit from regularly engaging in 150 minutes of moderate intensity activity per week.

Fourth – Know your specific goals. Talk to your doctor to know your specific individual weight gain recommendations. General guidelines are a good place to start but your doctor will know you best!



Main Takeaway

It's important to discuss with your coach what is the appropriate amount of weight to gain during your pregnancy. While you don't need additional calories during the first trimester you will need additional calories during the second and third trimester. Remember, slow and steady wins the race when it comes to weight gain and there are incredible reasons why it is necessary.



Resources

Additional information about weight gain during pregnancy can be found here from the American College of Obstetricians and Gynecologists:
[Read This article >](#)

And from the Centers for Disease Control:
[Read this article >](#)

Stronger U has a Pregnancy and Postpartum FB page for our members. Here is the link to join:
[Join The Group >](#)