













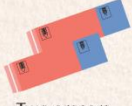


Weight Gain During Pregnancy

When you are pregnant, you will gain weight. This helps your baby grow. Underweight women need to gain more weight. Overweight women need to gain less weight.

Gaining too much or too little weight can harm your baby. Find out what is best for you. Talk to your healthcare providers about how much weight you should gain.

Pregnancy weight is spread throughout your body. For example, the amniotic fluid and placenta weigh about 2 pounds.

Trimester	Extra Calories (Food Energy) Needed	Food Serving Examples	Food Size Examples
1st Trimester <i>First 1-3 months</i>	<u>No extra</u> food servings (calories) are needed	<i>Examples of ONE food serving:</i>  ½ cup berries  1 slice of whole grain bread  ½ cup of 100% juice or 1 cup of 1% milk  75 g of trout (about the size of the palm of your hand)	 A deck of cards 75 g (2½ oz. meat)
2nd Trimester <i>4-6 months into pregnancy</i>	Around 2 extra healthy food servings per day (this is about 340 extra calories per day)	 1 cookie  1 small fruit  50 g of cheddar cheese  75 g regular ground beef	 A golf ball 30 mL (2 tbsp.)
3rd Trimester <i>7-9 months into pregnancy</i>	Around 3 extra healthy food servings per day (this is about 450 extra calories per day)	 ½ cup mashed potatoes  2 eggs  2 tbsp. peanut butter	 A tennis ball 125 mL (½ cup)
			 Two erasers 50 g (1½ oz. cheese)

Eat a variety of healthy foods to help you gain the right amount of weight. Healthy foods include:

- vegetables and fruit (broccoli, bananas, apples, carrots, berries)
- grain products (whole wheat bread, cereal, pasta, muffins)
- milk products and alternatives (milk, cheese, yogurt, soy milk)
- meat and alternatives (beans, lentils, eggs, fish, chicken)

Exercise will also help you to maintain a healthy weight.