









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.

Which body did you most look like when you got pregnant?	Recommended total weight gain during your pregnancy	Weight gain for 1st Trimester	Weight gain per week for 2nd and 3rd Trimester
 <p>*BMI before pregnancy was less than 18.5</p>	<p>28 to 40 lb (12.5 to 18 kg)</p> 	<p>Weight gain is usually slow during the first three months of your pregnancy (a total of about 2-5 pounds).</p>	<p>1 lb/week (0.5 kg/week)</p>
 <p>*BMI before pregnancy was 18.5 - 24.9</p>	<p>25 to 35 lb (11.5 to 16 kg)</p> 		<p>1 lb/week (0.5 kg/week)</p>
 <p>*BMI before pregnancy was 25.0 - 29.9</p>	<p>15 to 25 lb (7 to 11.5 kg)</p> 		<p>0.6 lb/week (0.3 kg/week)</p>
 <p>*BMI before pregnancy was 30 or above</p>	<p>11 to 20 lb (5 to 9 kg)</p> 		<p>0.5 lb/week (0.2 kg/week)</p>

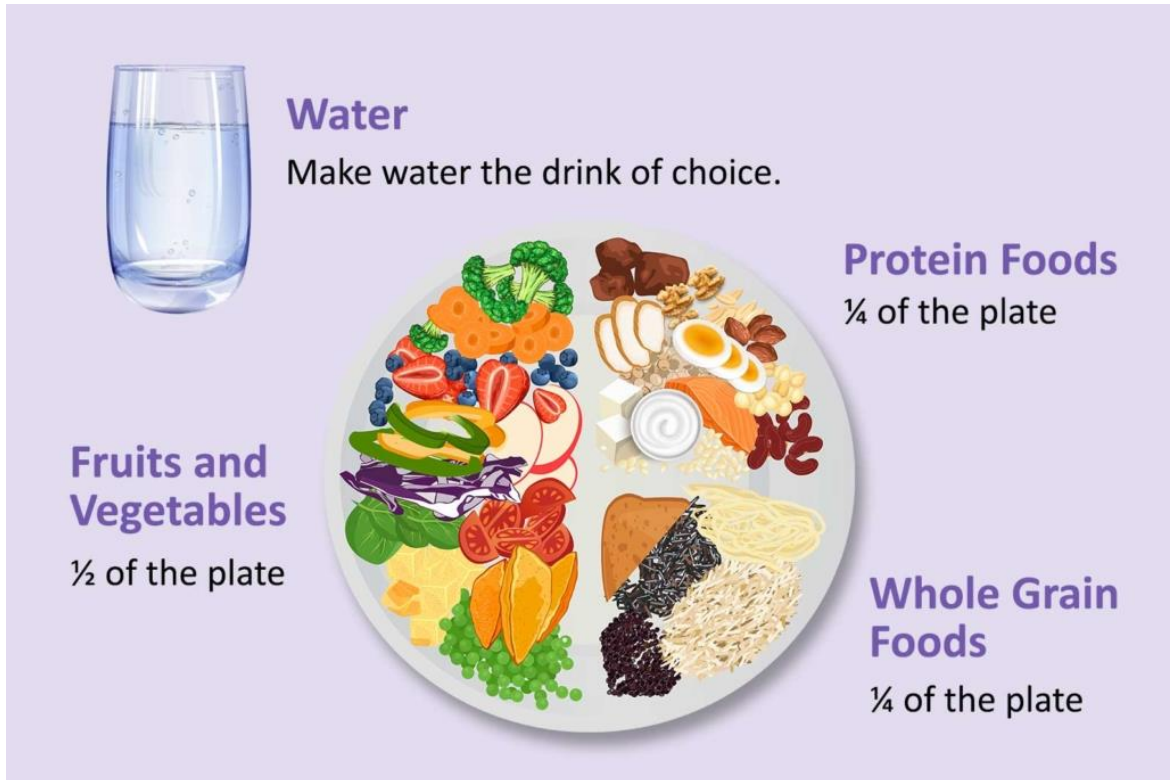
The recommended amount of weight for you to gain during your pregnancy depends on the body mass index (BMI) range you were in when you got pregnant. BMI is a measure of body fat based on height and weight. You can use the images in this chart, or the BMI chart on pages 28 and 29 of this booklet to figure out which BMI range you were in when you got pregnant. If you would like help figuring out your BMI, talk to your healthcare provider.

Eat a variety of healthy foods by following Canada's Food Guide to help you gain the right amount of weight.

Enjoy:

- plenty of vegetables and fruits like broccoli, bananas, apples, carrots, berries
- whole grain foods like oats, quinoa, whole grain bread, whole grain rice (brown or wild rice)
- protein foods like lean meats and poultry, eggs, low fat yogurt and milk, and plant-based proteins such as lentils, peas, and beans

Limit highly processed foods: These are foods and drinks processed or prepared with lots of salt (sodium), sugars, or saturated fat. Examples of highly processed foods include: sugary drinks, chocolate and candies, ice cream and desserts, fast food like french fries and burgers, bakery products like muffins, buns, and cakes.



Exercise will also help you to maintain a healthy weight. Safe physical activities during pregnancy include the following:

Walking

Gardening

Hunting

Housework

Playing actively with children

Swimming

Snowshoeing

Prenatal yoga

For more information on healthy weight gain during pregnancy, visit:

www.skprevention.ca/resource-catalogue/pregnancy/healthy-weight-gain-during-pregnancy/.