



# Healthy pregnancy weight gain

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## Why is a healthy weight gain in pregnancy important?

A healthy weight gain during your pregnancy will keep you and your baby healthy.

Gaining too little weight puts you at risk of:

- having a low birth weight baby
- giving birth to a preterm baby

Gaining too much weight puts you at risk of:

- diabetes in pregnancy called gestational diabetes
- high blood pressure in pregnancy called gestational hypertension
- cesarean delivery (C-section)
- pregnancy complications
- having a large baby called fetal macrosomia
- being overweight after you give birth. This will put you at greater risk for complications in future pregnancies.

## Do I need to “eat for 2” when I am pregnant?

No. You may be tempted to eat twice as much, but this can result in too much weight gain.

## How many extra calories do I need to eat?

During the first trimester, you do not need to eat any extra calories.

During the 2<sup>nd</sup> and 3<sup>rd</sup> trimester you may need up to an extra 300 calories a day. Examples include a handful of almonds and two glasses of milk or a tuna sandwich. This equals 2 to 3 servings from “Eating Well with Canada’s Food Guide”. Use this guide to help plan your meals and choose healthy portion sizes. Making healthy food choices will prevent too much weight gain.

You can order or print a copy of “Eating Well with Canada’s Food Guide” from the link below:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>

## How much weight should I gain while I am pregnant?

The amount of weight you should gain while you are pregnant is based on your Body Mass Index (BMI) before you became pregnant (pre-pregnancy). Your BMI is a ratio of your weight to your height. Your health care provider will help you to calculate your pre-pregnancy BMI.

Pre-pregnancy weight: \_\_\_\_\_ (kg)      Pre-pregnancy height: \_\_\_\_\_ (cm)      Pre-pregnancy BMI: \_\_\_\_\_

My pre-pregnancy BMI		Weekly Weight Gain Target in 2 <sup>nd</sup> and 3 <sup>rd</sup> Trimesters	Total Weight Gain Target
<input type="checkbox"/>	Less than 18.5	1 lb (½ kg)	28 to 40 lbs (13 to 18 kg)
<input type="checkbox"/>	18.5 to 24.9	1 lb (½ kg)	25 to 35 lbs (11 to 16 kg)
<input type="checkbox"/>	25 to 29.9	0.6 lb (¼ kg)	15 to 25 lbs (7 to 11 kg)
<input type="checkbox"/>	Greater than 30	0.5 lb (¼ kg)	11 to 20 lbs (5 to 9 kg)

Weight gain during the 1<sup>st</sup> trimester is usually less than 4 lbs (2 kg).