



## Healthy weight gain in pregnancy

Name: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

## 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.

## 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 dietitian will help you to calculate your pre-pregnancy BMI.

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

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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).

### Where does the weight go?

Here is where the weight goes during an average pregnancy.

Baby	7 ½ lbs (3.4 kg)
Breast growth	2 lbs (1 kg)
Maternal stores (your body's protein and fat)	7 lbs (3 kg)
Other - blood, body and amniotic fluids, uterus growth, placenta	13 ½ lbs (6 kg)

### 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>

## Tips on making healthy food choices

The types of food choices you make will keep you on track with your weight gain targets. Here are some tips that will help you to make healthy choices more often.

### Meals and snacks

- Have a variety of foods from the 4 food groups.
- Have at least 2 foods from different food groups at snacks such as strawberries and cheese.
- Have at least 3 foods from different food groups at meals such as cereal, milk and fruit.

### Be aware of hidden calories in foods and snacks

- Have fruit instead of juice. 1 cup of juice has about 120 calories. 1 piece of fruit has about 60 calories. Fruit has more fibre than juice. Fibre helps you to feel full.
- Try using 1% milk instead of cream and reduce the use of sugar. For example, a large double-double coffee has about 115 calories. A large coffee with milk and sugar or Splenda has 25 to 40 calories.



### Other tips

- Keep only healthy foods in your house.
- Have foods such as potato chips, doughnuts, cakes, cookies and candies only on special occasions. If they are in the house, store them where they are out of your sight.
- Visit restaurants less often. It is common for restaurants to serve more food than one person needs at one meal. To help control portions, split an entrée with a friend or take food home with you.
- Do not skip meals. Skipping meals will cause you to feel more hungry and to over-eat at your next meal or snack. Have a healthy breakfast each morning within 2 hours of waking up.
- Never eat foods straight out of a package. Place a serving of the food into a dish. This will help you to see how much food you are eating and manage portion sizes.

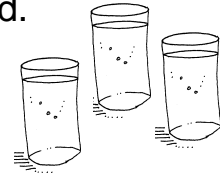


**While you are grocery shopping**

- Stick to the outside aisles of the grocery store. This is where you will find healthy foods.
- Only buy foods that are on your grocery list.
- Check your grocery cart before leaving the store. Does it mainly contain foods from Eating Well with Canada's Food Guide?

**Drink plenty of water**

- Water helps you to feel full and keeps you hydrated.
- Aim for 8 cups of fluid each day  
– make most of this water.

**Healthy snack ideas**

Limit snacks to 100 calories or less a serving.

**Examples of snacks:**

- One small, 100 gram container of Danone Silhouette Yogurt (70 calories) and 1/8 cup (30 mL) of Bran Buds Cereal (30 calories).
- 1 kiwi (50 calories) and 1/2 cup of skim or 1% milk (50 calories).
- 1 Light Baby Bell cheese wheel (50 calories) and 6 PC Blue Menu Wheat and Sesame Crackers (50 calories).
- 8 baby carrots, 4 slices cucumber, 1/2 of a green pepper, 8 cherry tomatoes (60 calories) and 1 Tbsp Renée's Cucumber and Dill Yogurt Salad Dressing (40 calories).

Be creative! There are many snack combinations that you can make.

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## What do I need to look at on the Nutrition Facts Label?

1. Look at the serving size first. You can use this serving size as a guide to what a healthy portion size is for this food.
2. Look at the calories per serving. Try to avoid foods that are high in calories if there are similar foods with less calories per serving.
3. Look at the fibre. Choose foods that have 2 or more grams of fibre per serving. Foods that have greater than 4 grams of fibre per serving are even better. Foods that have fibre will help to keep you feeling full for longer. Fibre may also help to keep your blood sugars in the normal range after you eat a snack or meal.

<b>Nutrition Facts</b>	
Per 1 Bagel (112 g)	
Amount	% Daily Value
Calories 310	
Fat 2 g	3%
Saturated 0.4 g + Trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 315 mg	14%
Carbohydrate 61 g	20%
Fibre 3 g	11%
Sugars 5 g	
Protein 11 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	25%

1 – Serving Size.  
This may or may not be the serving size you would have.

2 – Calories in each serving.

3 – Fibre in each serving.

For more information on label reading please ask your dietitian or visit the Health Canada webpage at:

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/index-eng.php>

## Making healthy lifestyle changes

Eating habits can be hard to change. However, there are 2 things that you can do to help reach your pregnancy weight gain targets:

### 1. Write down your goals

- Writing down your goals will help you to recognize the important steps that you need to take to reach your pregnancy weight gain target.
- Your goals can be anything that you feel is important.
- Examples of goals may sound like:
  - “I will have 2 Food Guide servings of fruit each day”
  - “I will try to have 100% whole wheat bread more often than white bread”
  - “I will have 3 meals and 2 snacks each day that are 2 to 3 hours apart from each other”
- It can be helpful to place your goals in a place where you can see them often. This will help to remind you of the important changes that you are making.
- Use the space below to write down your goals. There is only room for 3 goals, but do not stop there! Make as many goals as you like.

**Goal #1:** \_\_\_\_\_  
\_\_\_\_\_

**Goal #2:** \_\_\_\_\_  
\_\_\_\_\_

**Goal #3:** \_\_\_\_\_  
\_\_\_\_\_

## 2. Keep a food diary

- A food diary is where you write down everything that you eat and drink each day. Some people like to use a booklet and others like to use the computer.
- Writing down what you eat and drink will increase your awareness of the foods and beverages you have.
- Keeping a food diary will help you to figure out if you are eating because you are bored, upset, angry, stressed or hungry.

A healthy weight gain during pregnancy will help you to have a healthy pregnancy. It will also help you to get back to your usual body weight more easily after your baby is born.

## Finding more information



Here is a helpful website:

- Dietitians of Canada – helps you keep track of your daily food intake  
[www.eatracker.ca](http://www.eatracker.ca)

## Tell us what you think!

We invite your comments and suggestions about this booklet:

- Fill out an evaluation form, or
- Send an e-mail to: [PatientEducation@hhsc.ca](mailto:PatientEducation@hhsc.ca)

### Conversions:

1 cup = 250 ml	½ cup = 125 ml	¾ cup = 175 ml
1 tbsp = 15 ml	1 tsp = 5 ml	1 oz = 30 g



# Sample Food Diary

Date: \_\_\_\_\_

Time and Meal	Food	Size	# Food Guide Servings	# Cups of Fluids	Location and Mood
7:00 am Breakfast	Steel cut oats	¾ cup	1		Home / Hungry
	Skim milk	1 cup	1	1	
	Banana	1 medium	1		
	Tea	1 cup		1	
10:00 am Snack	Muffin (whole grain)	1 medium	2		Work / Hungry
	Margarine	1 tsp	½		
	Apple	1 medium	1		
	Water	1 cup		1	
12:00 pm Lunch	Raw spinach	2 cups	2		Work / Hungry
	Raw diced tomato	½ cup	1		
	Eggs (boiled)	2	1		
	Chopped red onion	1 Tbsp	0		
	Low fat salad dressing	1 Tbsp	1		
	100% whole wheat bread	1 slice	1		
	Skim milk	1 cup	1	1	
	Water	1 cup		1	
3:00 pm Snack	Yogurt (low fat)	¾ cup	1		Work / Hungry
	Granola	⅓ cup	1		
	Mango	½ cup	1		
	Water	1 cup		1	
6:00 pm Dinner	Salmon fillet – grilled	2 ½ oz	1		Home / Hungry
	Green beans - steamed	½ cup	1		
	Carrots – steamed	½ cup	1		
	Long grain brown rice (cooked)	½ cup	1		
	Margarine	½ tsp	½		
	Water	1 cup		1	
8:30 pm Snack	100% Whole wheat bread	2 slices	2		Home / Bored
	Peanut butter	2 Tbsp	1		
	Water	1 cup		1	

## Servings Chart:

Foods	Number of Servings Today	My Goal
Vegetables and Fruit	8	7 to 8
Grains	9	6 to 7
Milk and Alternatives	3	2
Meat and Alternatives	3	2
Fats and Oils	2	2 to 3
Cups of fluids	8	8

please turn over →

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Grains		
Milk and Alternatives		
Meat and Alternatives		
Fats and Oils		
Cups of fluids		