

Healthy Weight Gain During Pregnancy

Name: _____

Date: _____ Today's Weight: _____

Why is it important to gain a healthy amount of weight during pregnancy?

Gaining the recommended amount of weight during pregnancy helps you to have a healthy baby. It's important to keep track of your weight during your pregnancy to make sure you do not gain too much or too little. Talk with your health care provider and nutritionist at WIC about the amount of weight gain that's right for you.



If you gain too little weight, there's a chance your baby will be:

- Small at birth
- Born early
- Delivered by cesarean section (C-section)

If you gain too much weight, there's a chance:

- Your baby will be large at birth
- Your baby will be delivered by cesarean section (C-section)
- You'll have a harder time losing weight after your baby is born

The recommended amount of weight to gain during your pregnancy is based on your Body Mass Index (BMI) before pregnancy. Your BMI is a number calculated using your height and weight. The Centers for Disease Control and Prevention (CDC) chart below gives weight gain recommendations for adults 20 years old and older. Ask your nutritionist at WIC about your BMI. If pregnant with more than two babies or less than 20 years old, ask your health care provider for weight gain recommendations.

My BMI Before Pregnancy: _____

BMI Before Pregnancy	Recommended Weight Gain if Pregnant with One Baby	Recommended Weight Gain if Pregnant with Twins
Less than 18.5	28-40 pounds	50-62 pounds
18.5-24.9	25-35 pounds	37-54 pounds
25.0-29.9	15-25 pounds	31-50 pounds
30.0 or higher	11-20 pounds	25-42 pounds



Tips to gain a healthy amount of weight during pregnancy:

Meals and Snacks:

- Eat nutritious meals and snacks. This includes fruits, vegetables, whole grains, lean meats and poultry, beans and peas (like black beans, lima beans, chickpeas, and black-eyed peas), eggs, and low-fat dairy. Most foods are safe to eat during pregnancy, but you may need to limit or avoid certain foods. For more information on food to limit or avoid during pregnancy, talk with your nutritionist at WIC.
- Do not skip meals. As you get further into your pregnancy, eating small meals during the day may feel more comfortable than having three large meals.
- Choose baked, grilled, and roasted foods. Fried foods add extra calories and fat.
- Choose low-fat and low-sugar desserts.
- Make healthy choices when eating at restaurants. For example, choose a salad with dressing on the side as a side dish.
- Keep your TV, cell phone, and tablet off while eating. You may eat more without realizing it.

Drinks:

- Stay hydrated – drink lots of water.
- Drinks like 100% juice and low-fat milk are good choices in the right amounts.
- Some drinks have too much sugar – such as sports drinks, juice drinks, sodas, and other sweetened drinks.

Exercise:

- Be active for at least 30 minutes each day for at least five days a week (if your health care provider says it is okay).

Sleep:

- Sleep when you can. Getting enough sleep is good for you and your baby.

The amount of food (calories) you need to eat is a little higher while you are pregnant, but not as much as you may think.

A calorie is the amount of energy that a certain food provides. During each stage of your pregnancy (called trimesters) your calorie needs change. In general, pregnant women will need a gradual increase in calories as their baby grows. The chart below shows how many extra calories you may need to eat each day while pregnant. Talk to your nutritionist at WIC and health care provider about your calorie needs.

Trimester	Extra Calories Needed Each Day	Healthy Example of How to Meet Your Extra Calorie Needs
1 (months 0-3)	0 (No calorie increase)	Continue your normal well-balanced meals and snacks
2 (months 3-6)	300-450	• 2 corn tortillas (6" across) with $\frac{1}{4}$ cup cooked ground beef, $\frac{1}{2}$ cup of black beans, 1 cup chopped tomato, and 1 cup of shredded lettuce (Total: 340 calories)
3 (months 6-9)		• 2 slices of whole wheat toast with 2 tablespoons of peanut butter and 1 medium banana (Total: 450 calories)

The extra calories needed each day is based on the recommended weight gain when pregnant with one baby and a normal BMI before pregnancy.

Some steps I am already taking: _____

New things I will try: _____

You can do this! You are on the right track. Small changes lead to success!

This handout is for general informational purposes. Contact your health care provider or nutritionist at WIC for more information.

