

# HEALTHY WEIGHT DURING PREGNANCY

Weight gain during pregnancy is normal! Achieving a healthy weight during pregnancy depends on several factors, such as your medical history and pre-pregnancy weight. Your provider will help develop a care plan that supports a healthy weight during your pregnancy.

**TIP: Ask your provider for a referral to a Registered Dietitian (RD).** A RD can provide you with specialized nutrition education and help you understand how your food choices can help you achieve and maintain a healthy weight during your pregnancy and beyond.

## HEALTH IMPACTS OF UNHEALTHY WEIGHT GAIN DURING PREGNANCY

- On average, only about one third of women gain the recommended amount of weight during pregnancy. About 20% gain too little and twice as many people gain too much weight.
- Gaining less than the recommended amount of weight increases your chance of **delivering your baby with a low birthweight. Very small babies can face lots of problems**, including difficulties eating, increased risk of illnesses, and developmental delays.
- If you gain too much weight, the baby can be too large at birth. **Bigger babies may require C-section and are more likely to be at risk of obesity** during childhood.
- If you gain too much weight during pregnancy, it can also cause problems for your health and may be more difficult to get back to your pre-pregnancy weight.

## AVERAGE CALORIES NEEDED BY TRIMESTER FOR WOMEN WITH AN OPTIMAL PRE-PREGNANCY WEIGHT

	Extra Calories Needed	Healthy Weight Gain
First Trimester	No extra calories needed	1 – 5 pounds
Second Trimester	Extra 340 calories per day	0.5 – 1 pound per week
Third Trimester	Extra 450 calories per day	1 pound per week

## EXAMPLES:

### 340 calories = Bean & Cheese Burrito:

- 1 whole wheat tortilla
- ½ cup cooked refried beans
- 1 spoon of shredded cheese

### 450 calories = Oatmeal with Fruit & Nuts:

- ½ cup old-fashioned oats
- 1 cup skim milk
- 1 banana
- ¼ cup nonfat plain Greek yogurt
- ¼ cup chopped apple
- 1 tablespoon nuts

## LEARN YOUR BODY MASS INDEX (BMI)

	Your BMI	Recommended weight gain
Underweight	less than 18.5	28-40 lb
Normal weight	18.5-24.9	25-35 lb
Overweight	25-29.9	14-25 lb
Obese	30+	11-25 lb

BMI calculation is one tool **used in the first trimester to determine how much weight you should gain during pregnancy.** The chart below is a general guideline of weight gain based on your BMI:

**TIP: The amount of body fat might vary across age groups, race and ethnicity, but typically a healthy adult's BMI is between 18.5 – 24.9, before pregnancy. Talk to your provider to find the weight gain goal that is right for you during pregnancy.**

## HOW TO KEEP WEIGHT GAIN OPTIMAL

- **Eat more energy-dense but low-calorie food** to get needed extra calories. More leafy greens, fruits, beans, and whole grains will also help decrease your risk of anemia
- Visit [www.myplate.gov](http://www.myplate.gov) to find recipes with calorie and nutrient information
- Enroll in BWPC programs to receive **support finding food assistance.** Call **(559) 767-1756** or email [programs@black-enterprises.com](mailto:programs@black-enterprises.com)
- **Find an exercise that you enjoy** and is safe during pregnancy - join our weekly Community Yoga class!

## RESOURCES

- ACOG: [acog.org/clinical/clinical-guidance/committee-opinion/articles/2013/01/weight-gain-during-pregnancy](http://acog.org/clinical/clinical-guidance/committee-opinion/articles/2013/01/weight-gain-during-pregnancy)
- CDC: [cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm](http://cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm)