

PREGNANT?

GAIN THE RIGHT AMOUNT OF WEIGHT!

You want to gain **enough** weight for a healthy baby but not so much weight that you are fat after your baby comes. So, read this information carefully. It will help you to gain weight the way you should.

THESE THINGS ARE IMPORTANT:

1. Gain enough weight but not too much.
2. Gain weight by eating the right foods.
3. Gain slowly and steadily.
4. **DON'T** try to lose weight at any point in your pregnancy.

Gaining enough weight is important for **ALL** pregnant women, but especially for **teenagers**, women who **smoke** and women who were **thin** before they got pregnant. If these women don't gain enough weight, they are more likely to have babies who come too early and have problems at birth.

HOW MUCH WEIGHT SHOULD YOU GAIN?



There is no one "right weight" for you to gain. However, there is a **range** that is good for you. This is based on your height and weight before you got pregnant. Teenagers should gain at the high end of their range, since they are still growing during their pregnancy. Short women should gain at the low end of their range.

HERE ARE THE RANGES:

- 28 to 40 pounds for under-weight women
- 25 to 35 pounds for normal weight women
- 15 to 25 pounds for over-weight women
- Very over-weight women and women carrying twins or triplets need to have their doctors decide their weight gain ranges.

WHY DO YOU NEED TO GAIN SO MUCH WEIGHT?

Because your body is making more than just your baby. The baby needs a support system that includes:

- About 3 extra pounds of **blood**
- 1 1/2 pounds of **afterbirth**
- 2 to 3 pounds of **uterus** (womb)
- 1 to 2 pounds of **breast** increase
- 5 to 6 pounds of **fluid**...and so on.
- **PLUS 7 or 8 pounds for the baby!**



HOW CAN YOU KEEP FROM GETTING FAT?

1. Gain weight slowly and steadily.
2. Stay within your weight gain range.
3. Eat a diet low in fat and fried food.
4. Cut way down on soft drinks.
5. Eat snacks from the Fruit Group and the Vegetable Group.
6. Get mild exercise regularly. Your doctor will probably tell you to walk. Ask for prenatal exercise handouts from your doctor.

Talk with your healthcare provider if you have any questions about your weight gain or how you should be eating. They can tell you at each visit if you are staying within your weight gain range.

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