

## How Much Weight Should I Gain During Pregnancy?

Prepregnancy Body Mass Index	Recommended Total Weight Gain During Pregnancy	Recommended Rate of Weight Gain per Week in the Second and Third Trimesters*
Less than 18.5	28 – 40 lb	1 – 1.3 lb
18.5 – 24.9	25 – 35 lb	0.8 – 1 lb
25 – 29.9	15 – 25 lb	0.5 – 0.7 lb
More than 30	11 – 20 lb	0.4 – 0.6 lb

\*Assumes a first-trimester weight gain between 1.1–4.4 lb

To calculate your BMI go to the following website: <https://www.yourpregnancyandchildbirth.com/topics.php?page=nutrition>

Where Does the Weight Go?			
Here is how much weight an average woman gains in parts of her body during pregnancy:			
Baby	7 ½ pounds	Your uterus growth	2 pounds
Your breast growth	2 pounds	Amniotic fluid (the water around the baby)	2 pounds
Maternal stores (your body's protein and fat)	7 pounds	Your blood	4 pounds
Placenta	1 ½ pound	Your body fluids	4 pounds

### Daily Food Choices

These guidelines are for a pregnant woman who is a normal weight and who gets less than 30 minutes of exercise a week. They show the recommended daily food intake.

	<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>	<i>Comments</i>
Total calories per day	1,800	2,200	2,400	
Grains*	6 ounces	7 ounces	8 ounces	1 ounce is 1 slice of bread, ½ cup of cooked rice, ½ cup of cooked pasta, 3 cups of popped popcorn, or 5 whole wheat crackers
Vegetables <sup>†</sup>	2 ½ cups	3 cups	3 cups	2 cups of raw leafy vegetables count as 1 cup
Fruits	1 ½ cup	2 cups	2 cups	One large orange, 1 large peach, 1 small apple, 8 large strawberries, or ½ cup of dried fruit count as 1 cup of fresh fruit
Milk	3 cups	3 cups	3 cups	Two small slices of Swiss cheese or 1/3 cup of shredded cheese count as 1 cup
Meat and beans	5 ounces	6 ounces	6 ½ ounces	1 ½ cup of cooked beans, 25 almonds, 13 cashews, or 9 walnuts count as 2 ounces
Extras	290 calories	360 calories	410 calories	These extra calories come from high-fat and high-sugar foods, or higher amounts of foods from the five food groups
Fats and oils	6 teaspoons	7 teaspoons	8 teaspoons	Some foods are naturally high in fats and oils, such as olives, some fish, avocados, and nuts