

Weight gain during pregnancy: How much is ideal?



Pregnant women should maintain an optimal weight throughout pregnancy.¹



Long-term health of the mother.¹



Health for the pregnancy.¹



Long-term health of the baby.¹



Growth of the baby, placenta, amniotic fluid, uterus, blood supply, and fat stores.²

Ideal weight gain for pregnant women with normal weight²



- **0 to 2 kg** (0 to 4 pounds) during the **1st trimester**

- **0.5 kg** (1 pound) per week during the **2nd and 3rd trimester**

BMI before pregnancy^{1,2}



Underweight
BMI <18.5 kg/m²



Normal weight
BMI 18.5 – 24.9 kg/m²



Overweight
BMI 25 – 29.9 kg/m²



Obese
BMI ≥30.0 kg/m²

BMI before pregnancy^{1,2}

- With **singleton** pregnancy – **12.7 to 18.1 kg** (28 to 40 pounds)
- With **twin** pregnancy – **22.7 to 28.1 kg** (50 to 62 pounds)

- With **singleton** pregnancy – **11.3 to 15.9 kg** (25 to 35 pounds)
- With **twin** pregnancy – **16.7 to 24.5 kg** (37 to 54 pounds)

- With **singleton** pregnancy – **6.8 to 11.3 kg** (15 to 25 pounds)
- With **twin** pregnancy – **14.1 to 22.7 kg** (31 to 50 pounds)

- With **singleton** pregnancy – **5.0 to 9.1 kg** (11 to 20 pounds)
- With **twin** pregnancy – **11.3 to 19.1 kg** (25 to 42 pounds)

BMI is also a factor to determine necessary weight gain^{1,2}

Gaining < than recommended amount

- Delivering babies who are small
- Difficulty with starting breastfeeding
- Increased risk of illness
- May experience developmental delays

Gaining > than recommended amount

- Increased risk of delivery complications
- Increased risk for offspring childhood obesity, and obesity in the mother

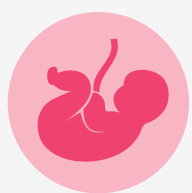
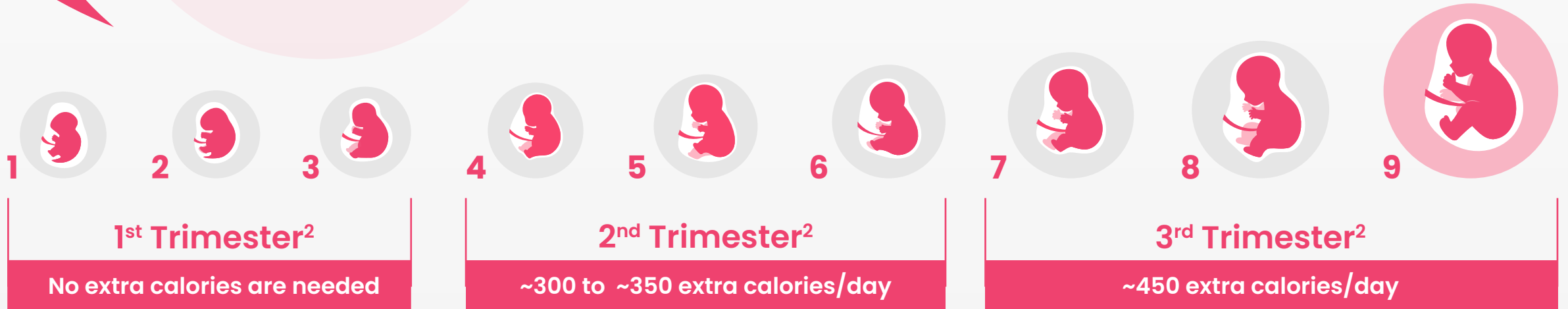
References

1. Weight Gain During Pregnancy. Available from: <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm>. (Accessed on: 05/05/2022) **2.** Prenatal nutrition: healthy eating tip of the month. Available from: https://www.med.umich.edu/pfans/_pdf/hetm-2017/0417-prenatalnutrition.pdf. (Accessed: 05/05/22)

How many extra calories do pregnant women need?



Pregnant women need extra calories to support herself and the baby. A gradual increase in calories is recommended.²



Daily recommended calories
2,200 to 2,500 per day²

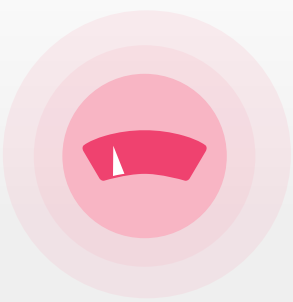


Pregnant women with twins
2,500 to 2,800 per day²



For women who begin pregnancy with obesity (BMI ≥ 30)³

- No extra calories needed
1st Trimester
- Additional 200 calories/day
2nd Trimester
- Additional 400 calories/day
3rd Trimester



For women who begin pregnancy with underweight (BMI < 18.5)⁴

- Additional 150 calories/day
1st Trimester
- Additional 200 calories/day
2nd Trimester
- Additional 350 calories/day
3rd Trimester

5 steps to meet pregnancy weight gain recommendations for overweight women¹



Discuss weight gain goals with a healthcare professional and devise a plan.



Track your pregnancy weight gain. Compare the weight gain with the weight before pregnancy.



Have a balanced diet. The extra calories should come from nutritious food.



Limit sugar and solid fats



Stay active. Exercise regularly.

References

1. Weight Gain During Pregnancy. Available from: <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm> (Accessed on: 05/05/2022).
2. Prenatal nutrition: healthy eating tip of the month. Available from: https://www.med.umich.edu/pfans/_pdf/hetm-2017/0417-prenatalnutrition.pdf. Accessed: 05/05/2022;
3. Tracking your weight. Available from: https://www.cdc.gov/reproductivehealth/pdfs/maternal-infant-health/pregnancy-weight-gain/tracker/single/obese_weight_tracker_508tagged.pdf (Accessed on: 05/05/2022).
4. Elliott-Sale, K. J., Graham, A., Hanley, S. J., Blumenthal, S., & Sale, C. (2019). Modern dietary guidelines for healthy pregnancy; maximising maternal and foetal outcomes and limiting excessive gestational weight gain. *European journal of sport science*, 19(1), 62-70.

A balanced diet with nutritious food can help pregnant women get most of the vitamins and minerals from the diet.^{1,2}



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Protein²

Daily Requirement: 75-100 g/day

- Utilized in the body for tissue development and repair, such as breast tissue, uterine tissue, muscles and blood
- Food sources: Lean meat, fish, eggs, dairy, legumes, nuts, seeds



Folic acid²

Daily Requirement: 60 mcg/day

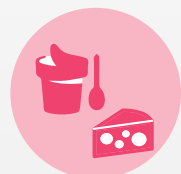
- Utilized in the body for tissue development and repair, such as breast tissue, uterine tissue, muscles and blood
- Food sources: Green leafy vegetables, avocado, legumes, lentils, beans, orange juice, fortified bread and cereal



Vitamin D^{2,3}

Daily Requirement: 600 IU/day

- Regulates calcium and phosphate in the body of both mother and baby. Essentials to keep muscles, nerves and immune system healthy
- Food sources: Salmon, mackerel, tuna, mushrooms, eggs, vitamin D fortified milk and cereal



Iodine²

Daily Requirement: 220 mcg/day

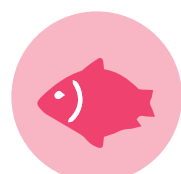
- Helps in the development of baby's brain and nervous system
- Food sources: Fish, milk, cheese, yogurt, iodized salt, fortified cereal and bread



Iron²

Daily Requirement: 27 mg/day

- Utilized in the body for tissue development and repair, such as breast tissue, uterine tissue, muscles and blood
- Food sources: Lean meat, seafood, clams, beef, cereal, bread, pasta, leafy green vegetables, beans, nuts, dried fruits



DHA²

Daily Requirement of DHA: 200 mg/day

- Essential for baby's brain development and growth
- Food sources: Herring, salmon, trout, halibut, DHA fortified orange juice, milk, and eggs



Vitamin C²

Daily Requirement: 85 mg/day

- Essential for wound healing. Helps in the development of baby's teeth and bones
- Food sources: Fruits, vegetables, especially red and yellow peppers, broccoli, cabbage, strawberries, brussel sprouts, citrus



Calcium²

Daily Requirement: 1000 mg/day

- Helps in the development of baby's bones, teeth, muscles, heart and nerve function
- Food sources: Milk, cheese, yogurt, broccoli, kale, tofu, nuts

The extra calories that are needed during pregnancy should come from nutritious foods such as lean meats, low-fat dairy products, fruits, vegetables, and whole grains.

References

1. Weight Gain During Pregnancy. Available from: <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm> (Accessed on: 05/05/2022). 2. Prenatal nutrition: healthy eating tip of the month. Available from: https://www.med.umich.edu/pfans/_pdf/hetm-2017/0417-prenatalnutrition.pdf. Accessed: 05/05/2022. 3. Vitamins and supplements during pregnancy. Available from: <https://www.pregnancybirthbaby.org.au/vitamins-and-supplements-during-pregnancy>. Accessed: 05/05/22.