

My Healthy Weight Gain during Pregnancy

Women need to gain weight during pregnancy.

This drawing shows you where you will gain weight.

This weight helps your baby grow and prepares you to breastfeed.

Blood:
4 pounds

Other Fluids:
5-6 pounds



Breasts:
1-2 pounds

Baby:
6-8 pounds

Placenta:
1-2 pounds

Uterus:
1-2 pounds

Fat Storage:
2-4 pounds

How much weight should I gain?

First, how much did you weigh before you became pregnant? Ask if you were:

- underweight
- normal weight
- overweight
- very overweight

We can help you gain the right amount of weight for you and your baby.

During the first 3 months of pregnancy

Gain a total of 1 - 4 pounds.

During the last 6 months of pregnancy

Gain weight based on how much you weighed *before you became pregnant*:

- Underweight before pregnancy**
Gain a total of 28 - 40 pounds.
Gain about 5 pounds each month.
- Normal weight before pregnancy**
Gain a total of 25 - 35 pounds.
Gain about 4 pounds each month.
- Overweight before pregnancy**
Gain a total of 15 - 25 pounds.
Gain about 3 pounds each month.
- Very overweight before pregnancy**
Gain a total of 11 - 20 pounds.
Gain about 2 pounds each month.