

## Healthy Weight Gain During Pregnancy

Gaining weight during pregnancy is normal and important for nourishing your developing baby. Extra weight is also stored for breastfeeding. Depending on your weight before pregnancy, there are different ranges of weight gain women should expect.

### Typical Weight Gains:

- Normal weight before pregnancy: 25-35 lbs
- Underweight before pregnancy: 28-40 lbs
- Overweight before pregnancy: 15-25 lbs
- Obese before pregnancy: 11-20 lbs

### Body Mass Index— a calculation based on your height and weight

- Below 18.5 = underweight
- 18.5-24.9 = normal
- 25.0-29.9 = overweight
- 30 and above = obese



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## Where does the weight go?

### Approximate breakdown of weight gain of 29 lbs:

- Blood - 3 lbs
- Breasts - 2 lbs
- Womb - 2 lbs
- Baby - 7.5 lbs
- Placenta - 1.5 lbs
- Amniotic fluid - 2 lbs
- Fat, protein, and other nutrients - 7 lbs
- Retained water - 4 lbs



### Important Tips:

- Slow and steady weight gain is best.
- It's ok to have "growth spurts" once or twice where you gain several pounds quickly.
- Track weight gain throughout pregnancy. Delivery complications can occur if you are underweight or overweight.
- Do not try to lose weight during pregnancy!

For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.

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