

# weight gain . . . .

## during pregnancy

### The right weight gain for you

Pregnancy is a time to eat right and gain the right amount of weight.

The amount of weight you should gain depends on how much you weighed when you became pregnant. You need to gain more weight if you were underweight and less if you were overweight.

### Weight Gain Goal

Your weight before:	You should gain:
Underweight	28-40 pounds
Healthy weight	25-35 pounds
Overweight	15-25 pounds
Very overweight	15 pounds or less
Twins	35-45 pounds

### How fast should you gain weight?

In early pregnancy, you will gain weight to provide food for your growing baby. In later pregnancy, most weight gain will be from your baby's own growth (that's why your baby should not be born too early).

Steady weight gain during pregnancy is best. Keep track of your weight to make sure you are gaining the right amount of weight each week.

### Rate of Weight Gain

Prepregnancy weight	1st to 3rd month	4th to 9th month
Underweight	3 to 5 pounds	Slightly more than 1 pound per week
Healthy weight	2 to 4 pounds	About 1 pound per week
Overweight	1 to 2 pounds	About 2/3 pound per week

If your weight goes up or down suddenly, be sure to check with your doctor.

If you gain too little, your baby may be born small. If you gain too much, it may be hard for you to get back to a healthy weight and stay there after your baby is born.

To track your weight gain, use the chart on the back. This will help you stay on target.

**Nine Months To Get Ready...You Can Make A Difference!**

Use the chart below to track your weight gain week-by-week.  
To get "Weight Gained", subtract "Weight Before Pregnant" from "Current Weight".

Weight Before Pregnant

Weeks Pregnant	Current Weight	Weight Gained
1		
2		
3		
4		
5		
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