
WEIGHT GAIN

During Pregnancy

Distribution

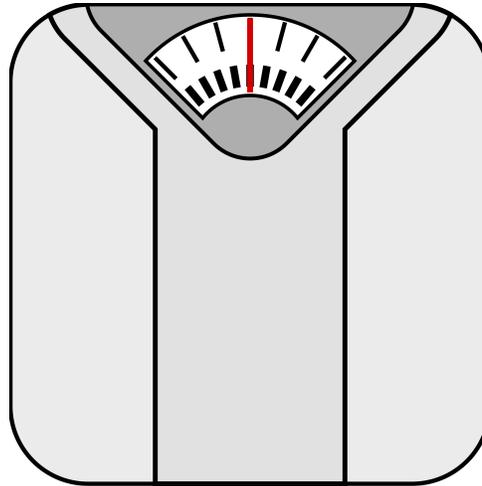
Your weight gain during pregnancy is distributed across a number of factors. Your growing baby, your growing body, and increased body fluids:

- Baby 7-8 lb
- Stored fat 6-8 lb
- Extra blood volume 3-4 lb
- Extra fluid volume 2-3 lb
- Amniotic fluid 2 lb
- Breast growth 1-3 lb
- Uterus growth 2 lb
- Placenta 1.5 lb

Total: 25-36 lb

Sources:

- Davis, E. (2012). *Heart & hands*. Berkeley: Ten Speed Press.
- Frye, A. (1995). *Holistic midwifery*. Portland: Labrys Press.
- King, T., Brucker, M., Fahey, J., Kriebs, J., Gegor, C., Varney, H., & Varney, H. (2015) *Varney's midwifery*. Burlington: Jones & Bartlett Publishing.



First of all, take a deep breath and tell your body “thank you” for doing such a great job growing and housing your baby! You will lose around 15 lb the day you give birth and the remainder will be used to finish your miraculous job of feeding your baby.

Most women gain a pound a week during pregnancy, with occasional spurts corresponding with baby growth spurts. Most women gain about 10 lb by 20 weeks. Gaining too little weight puts you at risk for preterm labor and a low birth weight baby.

Gaining too much weight puts you at risk for c-section, gestational diabetes, and a high BMI postpartum. **Weight loss is never a healthy goal during pregnancy**, so if you are slightly off track evaluate your diet for hidden sugar and junk food and make corrections. Exercise is also a great way to keep a healthy body weight. The goal here is to nurture yourself, not punish or do without. **Think of it as moving forward by loving yourself and your baby enough to eat healthy food and maintain a healthy lifestyle!**