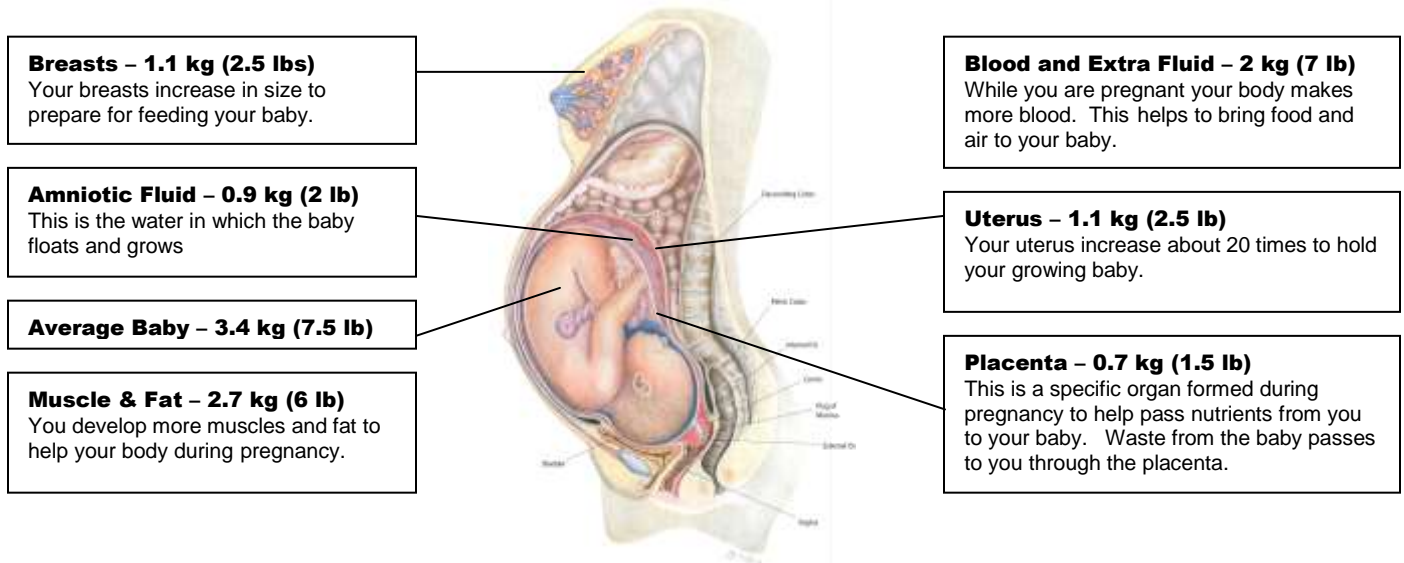


You and Your Baby

Healthy Weight Gain

Weight gain during pregnancy is important, healthy and normal.

*Weight gain is different for every woman.
Usually this is where the weight goes during pregnancy...*



Body Mass Index (BMI) is a measure of body fat based on weight and height. A woman's pre-pregnancy BMI is used as a guideline for how much weight she should gain during pregnancy.

To help determine your pre-pregnancy BMI ask your Doctor, Midwife or Registered Dietitian.

Once you have figured out your BMI, refer to the chart below. Remember, that these numbers are to be used as guidelines, and should not replace the advice of your health care provider.

BMI Category	Total weight gain for pregnancy	Weight gain in pounds/week for 2 nd and 3 rd trimester
<18.5	28-40 pounds	Approximately 1 pound per week
18.5 – 24.9	25-35 pounds	Approximately 1 pound per week
25-29.9	15-25 pounds	Approximately 0.6 pound per week
>30	11-20 pounds	Approximately 0.5 pounds per week

Adapted from Health Canada Prenatal Nutrition Program. Developed for IDEA Study: Impact of Diet and Exercise Activity on Pregnancy Outcomes, 2010.

