

*Wellesley Women's Care, P.C.*

*Obstetrics / Gynecology / Infertility*

*2000 Washington Street, Suite 764*

*Newton, MA 02462*

*617-965-7800*

**Weight Gain during Pregnancy**

Sensible weight gain during pregnancy is a balance between diet, exercise, and rest. Pregnancy is not the time to diet, if you start overweight, do not try to correct the situation now. Your diet is the main source of nutrition for the growth and development of your fetus. During pregnancy you need about 300 extra calories a day to stay healthy and help the fetus grow. In a healthy pregnancy, a woman will gain weight as the fetus grows. Gaining the right amount of weight is important for the fetus' development and health.

***What is the recommended weight gain during pregnancy?***

It is based on the individual needs of the mother and how much she weighed at the beginning of the pregnancy. Discuss with your doctor what will be the best weight gain for you. Below you will see the average recommended weight gain.

<b>Condition:</b>	<b>Weight Gain (Pounds)</b>
Underweight	28 - 40
Normal Weight	25 - 35
Overweight	15 - 25
Carrying Twins	35 - 45

***Where does the weight go?***

During pregnancy, your body must store nutrients and increase the amount of blood and other fluids it produces. One of the reasons for the extra fat stores is to prepare you to produce milk to breastfeed your baby. On average, here is where the weight gain will go:

7 pounds:	- maternal stores (fat, protein, and other nutrients)
4 pounds:	- increased fluid
4 pounds:	- increased blood
2 pounds:	- breast growth
6 to 8 pounds:	- baby
2 pounds:	- amniotic fluid
2 pounds:	- placenta