

# Pregnancy weight gain

There are many things you can do to prepare for the delivery of a healthy baby. One of the most important things is eating right to gain the extra weight you'll need to support another life. Your healthcare professional will keep a close eye on your weight gain during your pregnancy to make sure it's in the recommended range. You can also discuss the benefits of building physical activity into your daily routine, and decide on appropriate activities based on your pre-pregnancy lifestyle.

## Recommended weight gain during pregnancy depend on mom's pre-pregnancy weight in relation to body height (body mass index, BMI)



Pre-pregnancy BMI groups	BMI (kg/m <sup>2</sup> )	Total weight gain		Rates of weight gain* for the 2 <sup>nd</sup> & 3 <sup>rd</sup> trimesters	
		kg/week	lb/week	kg	lbs
Underweight	< 18.5	0.5	1.0	12.5 - 18	28 - 40
Normal weight	18.5 - 24.9	0.4	1.0	11.5 - 16	25 - 35
Overweight	25.0 - 29.9	0.3	0.6	7 - 11.5	15 - 25
Obesity	≥ 30.0	0.2	0.5	5 - 9	11 - 20

\* Calculations assume a 0.5 - 2 kg weight gain in the first trimester. Calculation will differ for multiple pregnancies and it is best to talk to your healthcare professional for guidance on appropriate weight gain.  
Adapted from: Health Canada Prenatal Nutrition Guidelines Gestational Weight Gain, 2009; Institute of Medicine, 2009.