

Did you know?

A mom-to-be does not need to eat for two. Gaining the recommended amount of weight during pregnancy can help your baby's development before birth and ensure a normal weight at birth. Typically, a woman beginning pregnancy at a healthy weight doesn't have increased energy requirements during the first 3 months of pregnancy, but she will need 350-400 extra calories each day during the last 6 months of pregnancy for healthy growth and development of her baby.