

Weight Gain in Pregnancy

What is BMI (Body Mass Index)?

A measure of your weight in relation to your height. A healthy pre-pregnancy BMI is 18.5 to 24.9. Check yours at healthlinkbc.ca.

How Much is Healthy?

A healthy total weight gain during pregnancy ranges from 5 to 18 kg (11 to 40 lb). For twins, it's 11 to 25 kg (25 to 54 lb).

What's right for you depends on your pre-pregnancy weight:

- If your BMI is less than 18.5, you'll need to gain 13 to 18 kg (28 to 40 lb).
- If your BMI is 18.5 to 24.9, you'll need to gain 11 to 16 kg (25 to 35 lb).
- If your BMI is 25 to 29.9, you'll need to gain 7 to 11 kg (15 to 25 lb).
- If your BMI is 30 or over, you'll need to gain 5 to 9 kg (11 to 20 lb).

Don't try to lose weight while pregnant.

In your first trimester, a small gain is best – 500 grams to 2 kg (1 to 4½ lb) in total. If you lose or gain more than 10% of your pre-pregnancy weight, talk with your health care provider.

In your second and third trimesters, aim to gain at a steady rate of about 200 to 500 grams (½ to 1 lb) per week.

Talk with your health care provider for more information, or call 8-1-1 to speak to Dietitian Services at HealthLink BC.



KEY TAKEAWAY

Being active and eating well can help promote healthy weight gain. Eat twice as healthy – not twice as much.



DID YOU KNOW

Gaining too much weight during pregnancy isn't healthy for you or your baby. It can increase your risk for gestational diabetes and high blood pressure, and lead to a more difficult delivery. It also makes it more likely that your child will become overweight.

How a typical weight gain of about 14 kg (30 lb) adds up:

Extra stores for pregnancy and breastfeeding:

2½ to 3½ kg (5 to 8 lb)

Blood: 2 kg (4 lb)

Retained fluid: varies

Breasts: 1½ kg (3 lb)

Placenta: ½ kg (1 lb)

Baby: 3½ kg (7½ lb)

Uterus: 1+ kg (2½ lb)

Amniotic fluid: 1 kg (2 lb)

