

Healthy Weight Gain in Pregnancy

Gaining the right amount of weight during your pregnancy is one of the most important things you can do to support your health and the health of your baby.

Your pre-pregnancy/early pregnancy weight

kg

Your BMI is

It is recommended you gain between

kg

to

kg

in your pregnancy

This means you will ideally weigh between

kg

and

kg

at the end of your pregnancy

Track your weight gain on this table:

Week

Weight

Week	Weight

Aim to weigh yourself every four weeks. Ideally, you should weigh yourself on the same set of scales each time as each set of scales can be different. If you don't have scales, ask your midwife to weigh you.

It is important you talk to your midwife about your weight gain throughout pregnancy.

The Ministry of Health acknowledges the work of Emma Jeffs (Dietitian) and Canterbury DHB in producing this material.

What you can do

- Pregnancy is not about 'eating for two.' In the first 12 weeks of pregnancy, you can eat the same amount as you usually would. It is important you eat nutritious food.
- After the 12th week, and if you are a healthy weight, the extra food you need each day is about the same as a wholegrain peanut butter sandwich and a banana. If you are overweight or obese, the extra food you need is the same as one slice of wholegrain bread or two apples.
- Drink water rather than sweetened drinks, fizzy drinks or fruit juices.
- Drink low-fat trim (green top) or calcium-extra (yellow top) or light blue top milk instead of full-fat (blue or silver top) milk.
- Eat wholegrain bread instead of white bread.
- Eat a healthy breakfast every day, such as wheat biscuits or porridge with low-fat milk or two slices of wholegrain toast.
- Have at least four servings of vegetables and two servings of fruit every day. Buy vegetables and fruit that are in season, or buy frozen vegetables to help reduce cost, waste and preparation time.
- Prepare and eat meals at home. Have takeaways no more than once a week.
- Choose healthy snacks such as unsweetened low-fat yoghurt, fruit, cheese and crackers, a small bowl of cereal, home-made popcorn or a small wholegrain sandwich.
- Aim to do at least 30 minutes of moderate intensity activity five or more days a week, for example, brisk walking or swimming (or as advised by your midwife, doctor or physiotherapist).

What are some of the risks of gaining more weight than recommended?

There is an increased risk of:

- having a large baby
- increased blood pressure in pregnancy with complications (pre-eclampsia)
- needing a caesarean section
- diabetes in pregnancy (gestational diabetes)

Gaining more weight than recommended in pregnancy may also make it harder for you to get back to your pre-pregnancy weight following the birth of your baby.