

Weight Gain in Pregnancy

How Much is Healthy?

Gaining weight is a natural part of pregnancy. Don't try to lose weight while pregnant.

While some weight gain can happen in the first trimester, it is usually small. Most of the weight gain happens in the second and third trimester.

Each body is different and there is no exact amount of weight gain that you should be aiming for. Instead, there is a range of weight gain that's good for you and your baby. Healthy weight gain depends on your weight before pregnancy and other factors.

Talk with your health care provider about what a healthy weight gain is for you during pregnancy or call 8-1-1 to speak to Dietitian Services at HealthLink BC.



KEY TAKEAWAY

Being active and eating nourishing foods support healthy weight gain for you and your baby.



DID YOU KNOW?

Gaining too little or too much weight may raise some health risks for you and your baby. Discuss with your health care provider if you have questions or concerns around healthy weight gain during your pregnancy.

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

Extra stores for pregnancy and breastfeeding or chestfeeding:

2½ to 3½ kg (5 to 8 lb)

Blood: 2 kg (4 lb)

Retained fluid: varies

Breasts or chest: 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)

