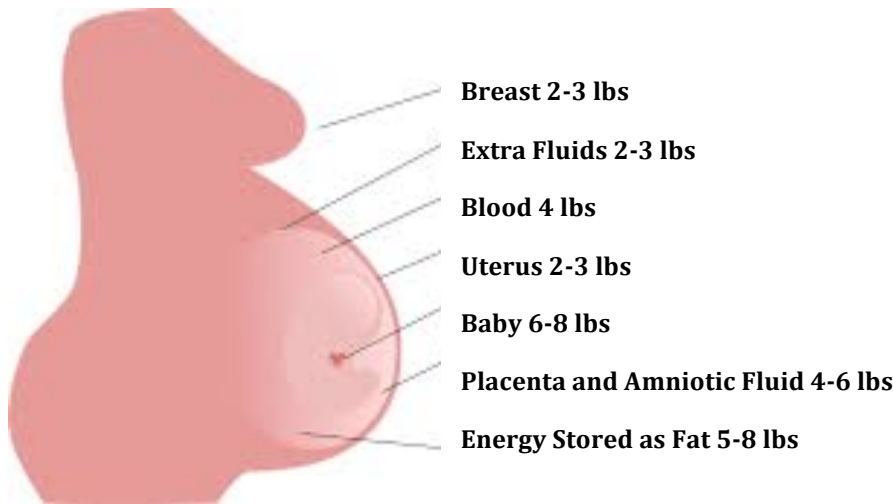


Weight Gain in Pregnancy

| Pre-Pregnancy BMI | Recommended Total Gain | First Trimester Gain | 2nd and 3rd Trimester Avg/Wk |
|---------------------|---|----------------------|------------------------------|
| <18.5 | 28-40 lbs | 0-4 lbs | 1 lb |
| 18.5 to 24.9 | 25-35 lbs | 0-4 lbs | 1 lb |
| 25 to 29.9 | 15-25 lbs | 0-4 lbs | 0.6 lbs |
| >30 | 11-20 lbs | 0-4 lbs | 0.5 lbs |
| Multiples Pregnancy | You will need to gain more weight. Speak to your doctor or dietitian for details. | | |

Bodies are diverse. These are guidelines and not every person will gain the exact same way. Ask to speak with PIPC's dietitian for help with healthy behaviours and weight management.



Gaining too little weight can increase your risk of:

- Delivering your baby too soon
- Having a baby with a low birth weight (which can lead to health problems)
- Having trouble with starting breastfeeding

Gaining too much weight can increase your risk of the following:

- Delivering your baby too soon
- Needing a caesarean section (C-section)
- Developing gestational diabetes
- Keeping extra weight on after delivery

Should I diet or work on weight loss to change my BMI in pregnancy?

Intentional weight loss in pregnancy is not recommended because it can affect baby's growth. Weight gain guidelines are different for people with higher body mass index (BMI) at the start of their pregnancy.