

Weight Gain During Pregnancy

The amount of weight gain that is recommended depends on your health and your body mass index (BMI) before you were pregnant. If you were a normal weight before pregnancy, you should gain between 25 and 35 pounds during pregnancy. If you were underweight before pregnancy, you should gain more weight than a woman who was a normal weight before pregnancy. If you were overweight or obese before pregnancy, you should gain less weight. Talk with your ob provider if you have concerns.

BMI	Weight Gain
<19.8	28-40 lbs
19.8-26.0	25-35 lbs
26.1-29.0	15-25 lbs
>29.0	Discuss with your OB Provider

Where does the weight go?

Here is how much weight an average woman gains in parts of her body during pregnancy:

- Baby 7 ½ pounds
- Your breast growth 2 pounds
- Maternal stores (your body's protein and fat) 7 pounds
- Placenta 1 ½ pounds
- Your uterus growth 2 pounds
- Amniotic fluid (the water around the baby) 2 pounds
- Your blood 4 pounds
- Your body fluids 4 pounds