

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. 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