MANAGING YOUR WEIGHT GAIN DURING PREGNANCY

WHY DOES WEIGHT GAIN OCCUR DURING PREGNANCY?

During pregnancy, your body undergoes significant changes to prepare for childbirth and create an environment for the growth and development of your baby. This includes an increase in the amount of water and nutrients your body stores, as well as the growth of your uterus, breasts, and other tissues.

WHEN SHOULD YOU SEE A PROFESSIONAL?

If you experience any of the following during your pregnancy:

- A sudden increase in your weight gain
- Difficulty breathing
- Swelling or fluid retention
- Severe headaches
- Changes in vision
- Chest pain

It is important to consult with a healthcare professional, such as an obstetrician or nurse-midwife, to monitor your weight gain and ensure a healthy pregnancy.

MORE information: Contact your healthcare provider for more information about weight gain during pregnancy.

WHO TO CONTACT

Health Professional

For more information about weight gain during pregnancy, contact your healthcare provider. They can provide personalized advice based on your individual needs and circumstances.

Pregnancy Matters

Pregnancy Weight Matters

Maternity Services

Maternity care at our hospital includes antenatal care, labor and delivery, and postnatal care. We provide support and resources to help you throughout your pregnancy.

Our Values

Innovation
Accountability
Commitment
Empathy
Respect

We are committed to providing exceptional care for all women and their families during pregnancy and childbirth.

References

For more information, please refer to the following resources:

- Pregnancy Matters
- Maternity Services
- Our Values

Additional resources are listed below:

- www.baylichealth.org
- www.baylichealth.org/maternity
- www.baylichealth.org/services
- www.baylichealth.org/our-values

Pregnancy is not a time to strict dieting. However, you do not need to eat for two!

Background: Weight gain during pregnancy is important for both the mother and the baby. The purpose of this increase is to support the growth and development of the baby and the mother's own needs. However, gaining too much weight can cause complications for both you and your baby. These complications can occur when you are pregnant during your pregnancy.

Body adapts to being pregnant. During pregnancy, it is normal to gain weight. How much weight you gain will depend on several factors, including your health status, age, and weight before pregnancy.

Pregnancy is a time for growth and development. It is important to maintain a healthy lifestyle during pregnancy, including a balanced diet and regular exercise. Consult with a healthcare professional for personalized advice on weight gain during pregnancy.
HOW DO WE MEASURE WEIGHT?

The amount of weight you should gain in your pregnancy depends on your pre-pregnancy weight. You need to know your height (without shoes) and weight (in light clothing) to calculate your body mass index (BMI), or your weight adjusted for your height.

On the following graph trace across the line for your height and up for your weight and this will tell you what your BMI is.

![Graph showing weight vs. height]

<table>
<thead>
<tr>
<th>Trimester</th>
<th>Underweight</th>
<th>Healthy weight range</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td>Less than 18.5 kg/m²</td>
<td>18.5 - 24.9 kg/m²</td>
<td>25 - 29.9 kg/m²</td>
<td>Higher than 30 kg/m²</td>
</tr>
<tr>
<td>First</td>
<td>1 - 3 kg</td>
<td>1 - 3 kg</td>
<td>0 - 1 kg</td>
<td>0 - 1 kg</td>
</tr>
<tr>
<td>Second</td>
<td>5 - 7 kg</td>
<td>5 - 6 kg</td>
<td>3 - 5 kg</td>
<td>2 - 4 kg</td>
</tr>
<tr>
<td>Third</td>
<td>6 - 8 kg</td>
<td>5 - 6 kg</td>
<td>4 - 5 kg</td>
<td>3 - 4 kg</td>
</tr>
<tr>
<td>TOTAL</td>
<td>12 - 18 kg</td>
<td>11 - 16 kg</td>
<td>7 - 11 kg</td>
<td>5 - 9 kg</td>
</tr>
</tbody>
</table>

Institute of Medicine Guidelines 2009

WHAT ARE THE RISKS OF GAINING TOO MUCH WEIGHT DURING YOUR PREGNANCY?

Most pregnancies are uncomplicated. However, gaining too much weight or being over your most healthy weight increases the risk of a number of pregnancy complications. The higher your BMI the more your risk will increase. Increased risk includes:

When you are pregnant
- Gestational diabetes - a form of diabetes that occurs in pregnancy
- Pre-eclampsia - high blood pressure and loss of protein in the urine
- Abnormalities of your baby's growth, development and general health
- Sleep apnoea - a condition that causes you to temporarily stop breathing while you are sleeping

During labour
- Failure of labour to progress
- Shoulder dystocia (the baby's shoulders get stuck during birth)
- Difficulties monitoring the baby's heart
- Difficulties with providing satisfactory pain relief in labour
- Increased risks with attempted vaginal (normal) birth after caesarean section

WHAT IF I AM GAINING TOO MUCH WEIGHT?

Pregnancy is not a time for strict dieting. However you do not need to eat for two! There are some simple choices you can make that will help you to limit your intake of additional energy and manage your weight gain in pregnancy. Please ask your midwife or doctor for a referral to a dietitian.

Limit the amount of fat you eat
- Reduce your intake of snack foods such as biscuits, cakes, chips, crisps and chocolate
- Reduce the amount of fat or oil used in cooking
- Choose low fat or reduced fat dairy foods such as milk, yoghurt and cheeses. These products still have all the calcium you need for your bones
- Avoid eating cream or sour cream
- Trim all fat off your meat before cooking
- Remove skin from chicken
- Limit high fat take-away foods

Limit high sugar foods
- Drink water not soft drink or cordial
- Limit sweetened soft drinks
- Limit fruit juices to once a day as these are high in natural sugar
- Limit chocolate, lollies and sweets
- Go easy on desserts

Try to minimise snacking, but if you do need to snack, choose options such as fresh fruit, low fat yoghurt, or dry biscuits with reduced fat hard cheese. Try to do as much exercise as you can. Regular exercise can help prevent excess weight gain.