

IDEAL WEIGHT GAIN IN PREGNANCY

WESTERN SYDNEY LOCAL HEALTH DISTRICT 2019

What was your pre-pregnancy weight? _____

What is your booking in weight? _____

What is your booking in BMI? _____

GUIDANCE FOR IDEAL WEIGHT GAIN IN PREGNANCY (can be +/- 2KG)

(measured from pre-pregnancy weight if known)

| Gestation Weeks | BMI < 25 Ideal Weight Gain (kg) | BMI 25 - 30 Ideal Weight Gain (kg) | BMI > 30 Ideal Weight Gain (kg) | Your Weight | Your Weight Gain by Now |
|----------------------|------------------------------------|---------------------------------------|------------------------------------|-------------|-------------------------|
| Booking In Weight | | | | | |
| Pre-pregnancy Weight | | | | | |
| 8 weeks | 1 kg | 0-1kg | 0-1kg | | |
| 12 weeks | 1 | 0-1 | 0-1 | | |
| 16 | 2 | 1-2 | 0-2 | | |
| 20 | 4 | 2 | 1-2 | | |
| 24 | 6 | 3 | 2 | | |
| 26 | 7 | 3 | 3 | | |
| 28 | 7 | 4 | 4 | | |
| 30 | 8 | 5 | 4 | | |
| 32 | 9 | 6 | 5 | | |
| 34 | 10 | 7 | 5 | | |
| 36 | 11 | 8 | 6 | | |
| 38 | 12 | 9 | 6 | | |
| 40 weeks | 14 kg | 9 kg | 7 kg | | |
| 41 | 14 kg (11.5 – 16 kg) | 9 kg (7 – 11kg) | 7 kg (5 – 9 kg) | | |

USA Institute of Medicine 2009

Weight Gain in Pregnancy

This information is designed to help you take control of your weight gain during pregnancy. It is expected that you will gain weight during pregnancy, but how much weight you gain depends on your BMI at the start of your pregnancy. Weight gain from week to week will vary for the individual woman, but the totals are based on what research shows is best for your health and the health of your baby. Gaining the right amount of weight also means less (even nil) stretch marks and less weight to lose when the baby is born.

Overweight women may **sometimes gain less weight than in this table and may even lose a small amount** of weight if they switch their diet to more healthy food during their pregnancy. This is not harmful and assists with weight loss following birth. Do not take weight-loss medications during pregnancy.

For more information about healthy eating in pregnancy, see the section on food in the booklet you've been given called 'Having a Baby'.

If you are concerned about your weight, your midwife or doctor can refer you to a dietitian.

Gaining too much weight in pregnancy and /or being overweight can lead to higher rates of complications including:

- Increased complications in **labour and birth** such as:
 - Increased risk of caesarean birth because the baby is too big or the uterus does not contract well during labour. Labour tends to be slower and longer.
 - More stitches during both caesarean and vaginal birth
 - More infection in the stitches, including caesarean stitches
 - More bleeding during and after birth, including need for blood transfusion
 - More stretch marks - closely linked to how much weight you gain
- Increased **Medical** complications such as:
 - More chance of diabetes
 - More chance of high blood pressure
 - More chance of dangerous blood vessel clots spreading to the lungs
- Increased Complications to the **baby** such as:
 - More chance of miscarriage and more chance of the baby becoming sick or even dying during pregnancy – if the mother has a very high sugar or high fat diet, this can be toxic to the baby inside the uterus
 - More chance of abnormalities in the baby
 - More chance of injury to the baby during birth, both caesarean & vaginal birth

Food intake

Contrary to popular opinion, you do **not** need to “eat for two” during your pregnancy. The baby weighs only 900g at 26 weeks and 3.5kg (usual range 2.7 – 4.3kg) at full term.

In fact, in the first 6 months of pregnancy, **you do not need any more food than when you are not pregnant**. Your body makes adjustments to ensure the baby gets what it needs. It is **only in the last 12 weeks of pregnancy** that you need to eat more than usual. Even then, the increase is **only 200 calories (840 kilojoules) a day**.

Here are some examples of healthy foods that contain approximately **200 calories (840kJ)**:
(If you want to look up more foods, just look online for Australian calorie counters)



| Healthy Food | Amount |
|---------------------|-------------------|
| Apple | 3 medium |
| Almonds | ¼ cup |
| Banana | 3 small |
| Bread | 2 slices |
| Cashews | ¼ cup |
| Cheese | 2 slices |
| Chicken breast | 1 small (no skin) |
| Chick Pea Curry | 1 small cup |
| Milk (full cream) | 300mL |
| Plain Naan | 1/3 piece |
| Pasta (cooked) | 1 cup |
| Rice (cooked) | 1 cup |
| Roti (plain no fat) | 2 round |
| Strawberries | 3 small punnets |
| Tomato | 6 medium |
| Weetbix | 3 biscuits |
| Yoghurt | 200g tub |

EXERCISE
*Exercise during pregnancy offers many physical and emotional **benefits** including more energy, better sleep, easier weight management and better bowel function. Exercise also gives you a feeling of being more able to cope and therefore better prepared for the physical demands of childbirth and motherhood. **30 – 45 minutes** of moderate-intensity physical activity nearly **every day** is ideal (even more if you have a sit-down job). Brisk walking, climbing stairs, cycling, swimming and yoga/pilates are examples of activities which are safe in pregnancy. More vigorous exercise is often also safe but it's best to discuss that with your midwife or doctor first.*

References

USA Institute of Medicine of the National Academies. *Weight gain during pregnancy; re-examining the guidelines 2009.*
 Royal College of Obstetricians and Gynaecologists (RCOG): *'Healthy eating and vitamin supplements in pregnancy' (2014) and 'Being overweight during pregnancy and after birth (2018).*