

## Weight Gain During Pregnancy

A healthy and balanced diet is an essential component of your prenatal care. Ideal weight gain is based on your pre-pregnancy weight. You do not need to eat extra calories to support your pregnancy. It is recommended that you eat approximately 2,500 calories per day. A total weight gain of 20-25 pounds is generally recommended. However, your provider may individualize your goals based on your specific needs which are usually based on your body mass index (BMI).

### Institute of Medicine Weight Gain Recommendations for Pregnancy

Pre-Pregnancy Weight Category	Body Mass Index (BMI)*	Recommended Range of Total Weight (lbs)	Recommended Rates of Weight Gain ** in the 2nd and 3rd Trimesters (mean range in lbs/wk)
Underweight	Less than 18.5	28 - 40	1 (1 - 1.3)
Normal Weight	18.5 - 24.9	25 - 35	1 (0.8 - 1)
Overweight	25 - 29.9	15 - 25	0.6 (0.5 - 0.7)
Obese (Includes All Classes)	30 or greater	11 - 20	0.5 (0.4 - 0.6)

\* Body mass index is calculated as weight in kilograms divided by height in meters squared or as weight in pounds multiplied by 703 divided by height in inches.

\*\* Calculations assume a 1.1-4.4 lb weight gain in the first trimester.

Modified from Institute of Medicine (US). Weight gain during pregnancy: reexamining the guidelines. Washington, DC: National Academies Press; 2009. ©2009 National Academy of Sciences.

## Foods/Drinks to Eat and Avoid During Pregnancy

<b>Foods to Consume Daily:</b> <ul style="list-style-type: none"> <li>Fruits/vegetables: 3-4 servings/day</li> <li>Whole grain foods: 2-4 servings/day</li> <li>Calcium rich foods: 2-4 servings/day</li> <li>Protein rich foods: 2-4 servings/day</li> <li>Water: 10-12 glasses/day</li> </ul>	<b>What About Fish?</b> <ul style="list-style-type: none"> <li>Fish: Seafood is an excellent source of protein and omega-3 fatty acids. However, certain seafood is high in mercury which can interfere with fetal brain development.</li> <li>Fish that is safe (2-3 servings/week): Salmon, light albacore tuna, tilapia, flounder, cod, crab, shrimp</li> <li>Fish to avoid: Mackerel, swordfish, shark, tilefish, tuna (other than light albacore)</li> </ul>
<b>Foods to Eat Sparingly:</b> <ul style="list-style-type: none"> <li>Caffeine: you can drink up to 200mg caffeine per day. This is equivalent to one large cup of coffee.</li> <li>Sugary foods and drinks</li> <li>Processed foods</li> </ul>	<b>What to Avoid:</b> <ul style="list-style-type: none"> <li>Alcohol</li> <li>Nicotine</li> <li>Illicit drugs</li> <li>Unpasteurized milk and soft cheeses</li> <li>Deli meats (unless heated prior to eating)</li> <li>Smoked fish</li> <li>Raw/undercooked meat and fish</li> </ul>