

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 25-35 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

Consume Daily: - Fruits/vegetables: 3-4 servings/day - Whole grain foods: 2-4 servings/day - Calcium rich foods: 2-4 servings/day - Protein rich foods: 2-4 servings/day - Water: 10-12 glasses/day	What About 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. - Fish that are safe (2-3 servings/week): Salmon, light albacore tuna, tilapia, flounder, cod, crab, and shrimp - Fish to avoid: Mackerel, swordfish, shark, and tilefish - Tuna is a special case and the amount matters. We recommend no more than 4 ounces of light albacore tuna per week, or 12 ounces of total tuna, per week.
Enjoy Sparingly: - Caffeine: You can drink up to 200mg of caffeine per day. This is equivalent to one large cup of coffee. - Sugary foods and drinks - Processed foods. Examples include: breakfast cereals, packaged snacks, chips, cookies, packaged breads, boxed pasta products, ice-cream, baking mixes.	Avoid: - Alcohol - Nicotine - Illicit drugs - Unpasteurized milk and soft cheeses - Deli meats (unless heated prior to eating) - Smoked fish - Raw/undercooked meat and fish