Weight Gain in Pregnancy

**What is BMI (Body Mass Index)?**
A measure of your weight in relation to your height. A healthy pre-pregnancy BMI is 18.5 to 24.9. Check yours at healthlinkbc.ca.

**How Much is Healthy?**
A healthy total weight gain during pregnancy ranges from 5 to 18 kg (11 to 40 lb). For twins, it’s 11 to 25 kg (25 to 54 lb).

What’s right for you depends on your pre-pregnancy weight:
- If your BMI is less than 18.5, you’ll need to gain 13 to 18 kg (28 to 40 lb).
- If your BMI is 18.5 to 24.9, you’ll need to gain 11 to 16 kg (25 to 35 lb).
- If your BMI is 25 to 29.9, you’ll need to gain 7 to 11 kg (15 to 25 lb).
- If your BMI is 30 or over, you’ll need to gain 5 to 9 kg (11 to 20 lb).

Don’t try to lose weight while pregnant.

**In your first trimester,** a small gain is best – 500 grams to 2 kg (1 to 4½ lb) in total. If you lose or gain more than 10% of your pre-pregnancy weight, talk with your health care provider.

**In your second and third trimesters,** aim to gain at a steady rate of about 200 to 500 grams (½ to 1 lb) per week.

Talk with your health care provider for more information, or call 8-1-1 to speak to Dietitian Services at HealthLink BC.

**DID YOU KNOW**
Gaining too much weight during pregnancy isn’t healthy for you or your baby. It can increase your risk for gestational diabetes and high blood pressure, and lead to a more difficult delivery. It also makes it more likely that your child will become overweight.

**How a typical weight gain of about 14 kg (30 lb) adds up:**

- **Extra stores for pregnancy and breastfeeding:** 2½ to 3½ kg (5 to 8 lb)
  - **Blood:** 2 kg (4 lb)
  - **Retained fluid:** varies
  - **Breasts:** 1½ kg (3 lb)
  - **Placenta:** ½ kg (1 lb)
  - **Baby:** 3½ kg (7½ lb)
  - **Uterus:** 1 kg (2½ lb)
  - **Amniotic fluid:** 1 kg (2 lb)

**KEY TAKEAWAY**
Being active and eating well can help promote healthy weight gain. Eat twice as healthy – not twice as much.