

## Weight gain in pregnancy



## What is healthy weight gain in pregnancy?

Maintaining a healthy weight gain during pregnancy means not putting on too much or too little weight. This is important for your health and the health of your baby.



## **It is important not to gain too much weight in pregnancy**

Gaining too much weight in pregnancy:

- will increase the chance of your baby having birth difficulties and medical conditions
- will increase the risk of:
  - complications for you such as high blood pressure
  - interventions such as a caesarean section
- can make it harder for you to lose the extra kilograms after your baby is born



## **It is important not to gain too little weight**

Gaining too little weight in pregnancy:

- will increase the chance that your baby will also gain too little weight, which can cause it to be born too early
- may affect how you recover after birth
- may make breastfeeding harder to start



## How much weight should I gain?

Your expected weight gain during pregnancy will depend on your Body Mass Index (BMI). This is a figure calculated for you by your midwife or doctor early in pregnancy to check your weight range.

**It is a good idea to calculate your BMI early in pregnancy.**

By using your height and weight, on this website you can calculate your own BMI.

<http://www.healthyfoodguide.com.au/resources/bmi-calculator>



## Recommended weight gain in pregnancy

You can calculate your recommended weight gain in pregnancy using your BMI and the table below.

The other topics in this resource will assist you by providing information on healthy eating, exercise in pregnancy and your baby's development.

Remember to talk to your midwife and/or doctor if you have any questions.

### Recommended weight gain in pregnancy

