

## How much weight should I gain?

## How much weight should I gain?

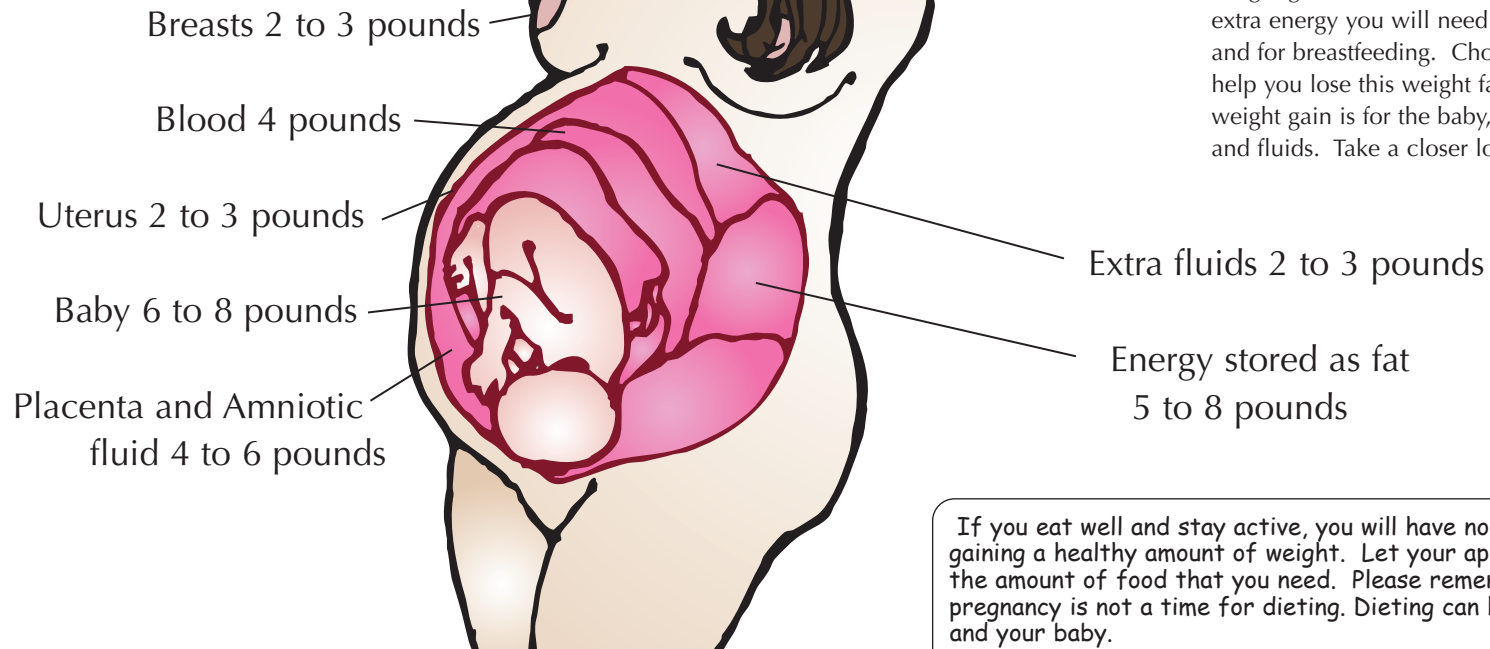
**The recommended weight gain for most mothers is 25 to 35 pounds (11.5 to 16 kg)\***

\*If you were underweight or overweight before you became pregnant or if you are younger than 17, talk to your health care worker about the weight gain that is best for you. If you are pregnant with twins or triplets your health care worker will suggest a healthy amount of weight to gain.

**Gaining a healthy amount of weight gives you the best chance of having a healthy baby.**

*25 - 35 pounds seems like a lot of weight to gain. How will I ever lose it?*

You may be surprised that only 5 to 8 pounds of this weight gain is fat. This fat is stored to give you the extra energy you will need while you are pregnant and for breastfeeding. Choosing to breastfeed can help you lose this weight faster. The rest of the weight gain is for the baby, the placenta, blood and fluids. Take a closer look...



If you eat well and stay active, you will have no problem gaining a healthy amount of weight. Let your appetite guide the amount of food that you need. Please remember, pregnancy is not a time for dieting. Dieting can harm you and your baby.

