

Healthy Weight Gain in Pregnancy

Gaining the right amount of weight during your pregnancy is one of the most important things you can do to support your health and the health of your baby, particularly if you were underweight (BMI<18.5) or obese (BMI>30) at the start of your pregnancy.

Your pre-pregnancy/early pregnancy weight:..... kg

Your BMI is:

It is recommended you gain between kg to kg in your pregnancy.

This means you will ideally weigh between kg and kg at the end of your pregnancy.

Weight gain chart:

You may wish to make a record of your weight gain on the chart below.

Week	Weight								
11		17		23		29		35	
12		18		24		30		36	
13		19		25		31		37	
14		20		26		32		38	
15		21		27		33		39	
16		22		28		34		40	

You should aim to weigh yourself every two to four weeks. Ideally you should weigh yourself on the same set of scales each time as each set of scales can weigh slightly different.

It is important that you talk to your midwife about your weight gain throughout pregnancy. You can ask your midwife to weigh you at each visit if you prefer.

What can I do to help my weight gain?

Pregnancy is not a time for “eating for two”. In the first 12 weeks of your pregnancy you do not need any more food than you would usually eat when you are not pregnant. The total amount of extra food you need each day after the 12th week of your pregnancy is the same as one slice of wholegrain bread or two apples.

- Drink water rather than sweetened drinks or fizzy drinks
- Drink low-fat (trim, green top), calcium-extra (yellow top) or light blue milk instead of full-fat (blue top, silver top) milk
- Eat a healthy breakfast every day. Good options include Weet Bix or porridge with low-fat milk, or two slices of wholegrain toast

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- Choose wholegrain bread instead of white bread
- Have 3 servings of vegetables and 2 servings of fruit every day. Buy fruits and vegetables that are in season to help reduce cost
- Eat meals at home. Have takeaways no more than once a week
- Choose healthy snacks. Good options include: 1x pottle of low-fat low sugar yoghurt, 1x handful of fruit, cheese and 3-4 wholegrain crackers, a small bowl of cereal with low-fat milk, 2 cups of plain popcorn, or a slice of wholegrain toast with marmite/vegemite or peanut butter, a slice of fruit bread with a thin spread of margarine.
- Aim to have less white on your plate (rice, pasta, potatoes and bread) and replace with colourful vegetables
- Aim to do 30 minutes exercise most days of the week, e.g. walking or swimming (or as directed by your doctor, midwife or physiotherapist)

What are the risks of gaining more weight than recommended?

There is an increased risk of:

- Having a large baby
- Pre-eclampsia
- Gestational diabetes
- Needing a caesarean section

Gaining more weight than recommended in pregnancy may also make it harder for you to get back to your pre pregnancy weight following the birth of your baby.

<http://www.healthnavigator.org.nz/healthy-living/pregnancy/eating-drinking-watching-your-weight-during-pregnancy/>

Ministry of Health:

<http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/healthy-eating/healthy-weight-gain-during-pregnancy>

Acknowledgement: Thank you to Christchurch Women's Hospital and the Perinatal and Maternal Mortality Review Committee 6th annual report (2012) for the permission to use their information.

