

How Much Weight Should You Gain?

Your doctor will tell you how much weight you should gain while pregnant. Many doctors today say that 25 to 30 pounds is a good weight gain.

When you gain weight is just as important as how much you gain. A slow, steady weight gain is usually a sign of a normal, healthy pregnancy. For the first three months, normal weight gain is 2 to 4 pounds. You should gain less than 1 pound each week during the last six months. If you think you have gained too much in any one week see your doctor.



Do not try to lose weight while you are pregnant. Diets which limit nutrients and calories can slow down the physical or mental growth of the baby inside you.

Use the Basic Daily Menu Plan as the starting point for your meal planning. Add extra servings from the Basic Food Groups or from the group called Other Foods. Remember, foods listed as Other Foods- butter, margarine, sugars - add calories but few important nutrients. So, if your doctor wants to slow down your weight gain, try to limit the use of other Foods.