LOS OLIVOS

Weight Gain During Pregnancy

Pregnant women need about 300 calories a day more than before pregnancy to support growth of the fetus. Before pregnancy, most active women need about 2,200 calories daily. Sedentary women need 1600 calories. If activity levels decline with pregnancy, fewer additional calories are needed.

Weight gain during pregnancy should be gradual with the most weight being gained in the last trimester. If you are a normal weight at the beginning of your pregnancy, you should gain about 2 to 8 pounds during the first three months of pregnancy and then 3 to 4 pounds per month for the rest of your pregnancy. Your BMI can be calculated at www.nhlbisupport.com/bmi/.

Total weight gain for women with a normal Body Mass Index (BMI) should be about 25 to 35 pounds. If you are pregnant with twins, the recommended total weigh gain is 35 to 45 pounds. If you start pregnancy underweight, the recommended total weight gain is 28 to 40 pounds. If you start pregnancy overweight, the recommended total weight gain is 15 to 25 pounds.

Obese women should not gain more than 15 pounds during the pregnancy. Obesity is a risk factor for having babies with neural-tube defects and other malformations. They are twice as likely to need a cesarean section for delivery. Babies born from obese mothers are more likely to be overweight later in life.