



## **WEIGHT GAIN DURING PREGNANCY**

The average recommended weight gain during pregnancy is 25 to 35 pounds. If you are underweight prior to pregnancy, your average weight gain should be 30 to 40 pounds. If prior to your pregnancy you are overweight, your average weight gain should be 20 to 30 pounds. Most women gain approximately 5 to 6 pounds during the first trimester of their pregnancy. After the first trimester (at approximately 13 weeks) weight gain is approximately 1 pound per week.

During pregnancy it is important to maintain good nutrition and adequate caloric intake. The average caloric intake for a pregnant woman should be approximately 300 calories more per day than usual. If you don't gain an adequate amount of weight during your pregnancy, you run the risk of delivering a low birth weight infant. It is important not to diet during your pregnancy. On the same note, excess weight gain can lead to large babies (macrosomia) with resultant traumatic deliveries. It is important to watch your weight gain closely during pregnancy.

### **INDU S. ANAND, MD**

Dr. Anand is a former Assistant Professor in the Department of Obstetrics and Gynecology at the University of Tennessee Health Science Center, in Memphis, Tennessee. She now is in private practice in Atlanta, GA.

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**Health Information Provided by Women's Health Specialists**  
7800 Wolf Trail Cove, Germantown, TN 38138, (901) 682-9222, [www.whsobgyn.com](http://www.whsobgyn.com)

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