

## What Can I Do To Increase Weight Gain?

If you've gained less weight than recommended, you'll want to make some changes to your diet. Gaining too little weight has risks for your pregnancy and your baby. Along with a healthy diet, taking a prenatal vitamin will help you to get the right amount of nutrients.

### Tips to increase calories:

- ⇒ Eat small, frequent meals
- ⇒ Drink high-calorie nutrient-dense liquids (milk, 100% juices, protein shakes) when you're not hungry for a meal
- ⇒ Eat more when you feel hungry
- ⇒ Add healthy fats to your food (canola or olive oil, tub margarine, nuts)
- ⇒ Top meats with sauces or gravies
- ⇒ Focus on high-calorie, nutrient-dense foods
  - Mix powdered milk into foods
  - Use cheese liberally
  - Spread peanut butter on toast, apple and banana slices, celery
  - Drink whole milk
  - Top cereal with dried fruit and nuts



### Benefits of Physical Activity

*Weight loss is not your goal, but exercise will benefit you in other ways...*

- Controls nausea
- Helps with constipation, backaches
- Improves sleep
- Gives you more energy
- Improves mood
- Easier time losing weight after delivery

Consult your health care provider before beginning an exercise program. Activities that affect balance or may cause injury to the abdomen are not safe during pregnancy.

#### References:

Weight Gain during Pregnancy: What's Healthy? <http://www.mayoclinic.com/print/pregnancy-weight-gain/PR00111/METHOD=print>.

Healthy Eating during Pregnancy. <http://ifc.org/publications/brochures/pregnancybroch..cfm>.

Smart Moms: Exercise. <http://www.med.umich.edu/obgyn/smartmoms/pregnancy/exercise/index.htm>.

Have a Fit Pregnancy. [www.womenshealth.gov/pregnancy/pregnancy/fit.cfm](http://www.womenshealth.gov/pregnancy/pregnancy/fit.cfm).



Utah WIC Program  
1-877-WIC-KIDS  
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# I'm Gaining Too Little Weight During My Pregnancy. What Can I Do?



# Weight Gain During Pregnancy

## How Much Total Weight Should I Gain?

The right amount of weight to gain during pregnancy depends on how much you weighed before getting pregnant. Talk with your health care provider to find out what amount is right for you.

### General guidelines:

Pre-Pregnancy Weight	Recommended Weight Gain
Underweight	28-40 pounds
Normal weight	25-35 pounds
Overweight	15-25 pounds
Obese	15 pounds

**Teens:** If you're a teenager, you'll want to gain at the upper end of your range.

**Petite women:** If you're shorter than 5'2, you'll want to gain at the lower end of your range.

**Women pregnant with multiples:** If you're pregnant with twins or triplets, you'll want to gain 35-50 lbs (consult your healthcare provider).

1st trimester	3-5 pounds
2nd trimester	.5-1 pound a week
3rd trimester	.5-1 pound a week

## Where Does All That Weight Go?

Baby	7-8 pounds
Larger breasts	1-3 pounds
Larger uterus	2 pounds
Placenta	1-2 pounds
Amniotic Fluid	2 pounds
Increased blood volume	3-4 pounds
Increased fluid volume	2-3 pounds
Fat stores	6-8 pounds
<b>Total</b>	<b>24-32 pounds</b>

### Risks of Gaining Too Little Weight

*Women who don't gain enough weight during pregnancy are more likely to have...*

- Babies born early
- Babies born small
- Babies with delayed development
- Babies with heart or lung problems

## How Can I Control My Nausea?

Nausea can affect weight gain by making you feel less hungry. There are some things you can do to help control your nausea. Here are some ideas:

- ⇒ Avoid smells that worsen your nausea
- ⇒ Eat small, frequent meals (5-6 per day)
- ⇒ Choose bland foods and foods high in carbohydrates and low in fat
- ⇒ Keep some crackers or dry cereal by your bed to eat before you get up
- ⇒ Get plenty of rest
- ⇒ Exercise often
- ⇒ Drink enough fluids
- ⇒ If prenatal vitamins make your nausea worse

- take with meals
- switch brands
- take at night
- cut in half

- ⇒ Always check with your health care provider before taking any medicines or supplements to help with nausea

