

Nutrition and healthy weight gain during pregnancy

Too little or too much weight gain during pregnancy may affect your baby's health and development.

Women who start pregnancy underweight or overweight have special concerns.

Overweight women are more likely to have problems with diabetes and high blood pressure.

Use the box on this page as a guide for healthy weight gain during pregnancy.

If you are a younger teen or are pregnant with twins, you may need to gain more weight than what is listed.

Choose foods full of nutrients to help your baby grow. Every day, eat whole grains, fresh fruits and vegetables, protein-rich foods, and get plenty of calcium and folic acid. Check food labels and limit salty foods. Try to skip foods with a lot of solid fats and added sugars that add calories, but do not help your growing baby.

Do you need help with your diet? Check which statements are true for you:

- I eat fast foods most days of the week.
- I eat chips, cookies or packaged food daily.
- Most of the foods I eat are salty.
- I have trouble with constipation.
- I do not have time to prepare daily meals.
- I do not have enough money to buy fresh food.



Pre-pregnancy weight	Recommended total weight gain in pounds (lbs.)	2nd and 3rd trimester weekly weight gain in pounds (lbs.)
Underweight	28–40 lbs.	1–1½ lbs.
Normal weight	25–35 lbs.	1 lbs.
Overweight	15–25 lbs.	½–¾ lbs.
Obese	11–20 lbs.	½ lbs.

- I have been feeling sad or anxious lately.

If you checked any of these boxes, talk to your health care provider. Also, talk to the Women, Infants and Children supplemental nutrition program (WIC). You can learn more from WIC about healthy food choices, and WIC can give you checks to help you buy healthy food.

For more information

Oregon WIC

www.wic.oregon.gov

USDA Choose My Plate

www.choosemyplate.gov

USDA Food Pyramid

www.choosemyplate.gov/mypyramidmoms

Oregon 211info

Call 211 or 1-800-723-3638, or visit 211info.org to find your local WIC office.