Healthy Weight Gain

It is important, normal and healthy to gain weight during your pregnancy.

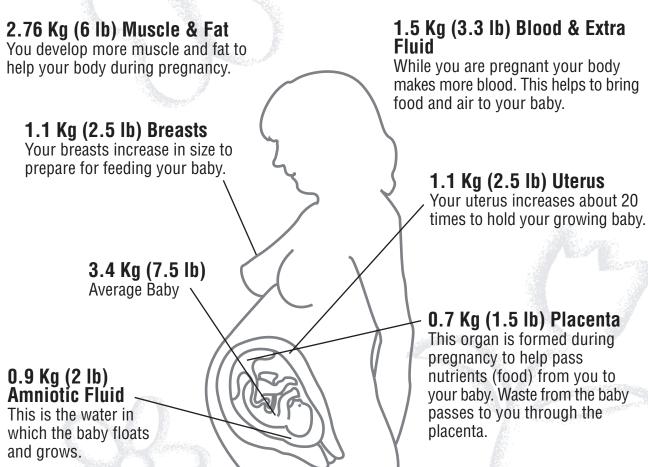
Steady weight gain is a good sign, because it tells you:

- Your baby is growing
- Your uterus and placenta are growing
- Your breasts are growing and getting ready for breastfeeding
- You're making more blood to carry food and air to your baby

How much weight should I gain?

Most pregnant women gain between 25-35 pounds. How much weight you should gain depends on whether you were underweight or overweight before you became pregnant. You should gain 2-4 pounds in the first trimester and 1 pound a week after that.

Where does the weight go?



Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140 (945-1305 for the Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 and ask about federal programs.

