

# 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?

### 2.76 Kg (6 lb) Muscle & Fat

You develop more muscle and fat to help your body during pregnancy.

### 1.1 Kg (2.5 lb) Breasts

Your breasts increase in size to prepare for feeding your baby.

### 3.4 Kg (7.5 lb) Average Baby

### 0.9 Kg (2 lb) Amniotic Fluid

This is the water in which the baby floats and grows.

### 1.5 Kg (3.3 lb) Blood & Extra Fluid

While you are pregnant your body makes more blood. This helps to bring food and air to your baby.

### 1.1 Kg (2.5 lb) Uterus

Your uterus increases about 20 times to hold your growing baby.

### 0.7 Kg (1.5 lb) Placenta

This organ is formed during pregnancy to help pass nutrients (food) from you to your baby. Waste from the baby passes to you through the placenta.



## 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.



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