

Where Does the Extra Weight Go?

Muscle and Fat — 2.7 kg (6 lbs)

- *to help your body during delivery and breastfeeding*

Breasts — 1.1 kg (2.5 lbs)

- *to prepare for feeding your baby*

Average Baby — 3.4 kg (7.5 lbs)

Amniotic Fluid — 0.9 kg (2 lbs)

- *the water in which the baby floats and grows*

Blood and Extra Fluid — 3.2 kg (7 lbs)

- *to help bring food and air to your baby*

Uterus — 1.1 kg (2.5 lbs)

- *increases in size about 20 times to hold your growing baby*

Placenta — 0.7 kg (1.5 lbs)

- *formed to bring food to your baby and take away waste*