

# Weight Gain in Pregnancy

A healthy perspective.



## Grow, baby, grow!

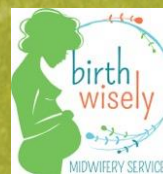
Gaining weight during your pregnancy is normal and expected. Your number on the scale should increase as your baby grows and your body changes. A mother who begins her pregnancy at an ideal weight is expected to gain anywhere between 25-45 pounds. A mother that begins pregnancy underweight should expect to gain above the normal range. Mothers

who are beginning their pregnancy overweight, they should gain less. Obese mothers are advised to gain <15 lbs over the course of their pregnancy. **It's important to know where all that extra weight goes:**

In a healthy mother that gains 30 pounds during her pregnancy:

7-8 lbs	Fat and protein
2 lbs	Breasts
2 lbs	Uterus
1.5 lbs	Placenta
2 lbs	Amniotic fluid
3 lbs	Blood volume
4 lbs	Retained water
7.5 lbs	Baby

Vigorous exercise helps you reduce your risk of transfer during labor, and many ailments including diabetes and *excess weight gain*.



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## Focus on What You Eat

Our number one piece of wisdom comes from Anne Frye, “Tell women to focus on what they eat, not what they gain; there is no normal amount of weight to gain during pregnancy.”

We like to see our clients gain weight in a healthy way. Your baby and body need extra fluids stored for the birth, and yes, even **fat**. Fat stores are used to burn as fuel during labor and for healthy breast milk production. In short, the focus will be the *types* of foods and how much that you are eating. Food has a direct correlation with your health and the amount of weight that you gain throughout your pregnancy.

The food journal that you will submit at your visits helps us understand your weight gain trends. Your weight gain is truly an indicator of your health. Expect a big jump in your weight between 24-28 weeks. Your blood volume will expand at that time. Grow mama, grow!

### Reference:

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- King, T., Brueker, M., Kriebs, J., Fahey, J., Gegor, C., Varney, H. (2015). *Varney's midwifery*. Burlington, MA: Jones & Bartlett Learning
- Olson, J., Immel, K., Peternell, S. (2014). *Prenatal wellness: Guide to a healthy pregnancy*. Parker, Colorado: Plumtree Baby.
- , organic pregnancy and childbirth with herbs, nutrition, and other holistic choices (Third ed.). Berkeley: Ten Speed Press.



Prenatal yoga may be done at home or in a class.

### A Healthy Body Image

Our culture would have you think that skinnier is better or even healthier. During pregnancy it is important to remember that if you don't gain a healthy amount of weight your baby will not thrive. Make healthy food choices, eat enough calories, and exercise most days of the week for 30 minutes.

*\* If you have been diagnosed with an eating disorder at any point in your life, please let your midwife know. She will work with you appropriately.*