

Healthy Weight Gain in Pregnancy

1) Calculate your BMI

Use your pre-pregnancy weight to calculate.



2) Based on your BMI find out your **personalized weight gain goal** using the QR code

3) Track your weight gain during pregnancy



Normal Weight

BMI 18.5-24.9

Overweight

BMI 25-29.9

Obese

BMI > 30



Let's debunk some myths...

"I need to eat for **two people** while pregnant"

FALSE, you only need to add about **300 extra calories per day** starting in the second trimester. Your baby actually gets enough nutrients without many changes to your diet.

"I **can't exercise** while pregnant"

FALSE, moderate exercise is safe and encouraged. Aim for 150 minutes each week.



DIET

- Include foods with **fiber** in your diet to help with **constipation**
- Avoid **starchy white foods** like white potatoes, white rice, white sugar and white flour
- The **quality** of your **carbohydrate** matters – stick to unprocessed whole grains, vegetables, fruits, and beans



EXERCISE



- **Any exercise** is better than no exercise, do what makes you feel **comfortable**
- Start **slow**. Take a break during work to **walk for 10 minutes**.
- Build up to **30 minutes** of moderate exercise 5 times a week.
- **Avoid** activities where you may fall or be hit
- Some **safe exercises** include walking, swimming, stationary cycling, aerobics, dance, and yoga

Maintaining a healthy weight gain reduces your risk for...

A **cesarean birth**

High blood pressure

Having a **premature baby**

Having trouble losing weight after pregnancy

Developing **gestational diabetes**



Reach out to your midwife or doctor if you have any questions

Check out Vermont Child Health Improvement Program (VCHIP) online for more info

