

## Weight gain guide

As a general rule, you don't need to eat more than usual during the first 3 months (the first trimester). Normal weight gain is 1-2 kg during this time.



Weigh yourself **regularly** during pregnancy to make sure you are **on track** to achieving a healthy weight gain.

**Tip**  
Ask your Midwife or Aboriginal Health Worker when you go in for check-ups to use the scales in their clinic.

Pre-Pregnancy BMI (kg/m <sup>2</sup> )	Overall weight gain during pregnancy (kg)
<18.5 (Under weight)	12.5-18
18.5-24.9 (Healthy weight)	11.5-16
25-29.9 (Over weight)	7-11.5
30+ (Obese)	5-9

Source RANZCOG (2013) College Statement on the Management of Obesity in Pregnancy

If you are having more than one baby (e.g. twins or triplets), speak to your midwife, Aboriginal Health Worker or doctor about healthy weight gain.

Photos provided courtesy of NSW Kids and Families, NSW Health.

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## For further information

Go to [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)  
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weight  
gain  
during  
pregnancy

get healthy  
in pregnancy



## Why is managing your weight gain during pregnancy important?

It is important for your health and for the health of your baby to eat well and be active during pregnancy.

Too much or too little weight gain during pregnancy can place you and your baby at risk of complications during the pregnancy, birth and later in life.

### How much weight should I put on during pregnancy?

- This depends on your body mass index (BMI) before you were pregnant
- Your BMI is used to give you an idea of whether you're underweight, overweight or an ideal weight for your height
- Your doctor, midwife or Aboriginal Health Worker can help you estimate your pre-pregnancy BMI
- If you have a higher pre-pregnancy BMI, it is important you don't gain too much weight during your pregnancy

## Why gaining the right amount of weight is important

### If you GAIN TOO LITTLE WEIGHT during pregnancy

#### You are at higher risk of:



Going into labour too early

Having a baby that is smaller than normal and unhealthy

Having problems with breastfeeding your baby

### If you GAIN TOO MUCH WEIGHT during pregnancy

#### You are at higher risk of:



High blood pressure

Gestational (pregnancy) diabetes

Blood clots in your legs or pelvis

Needing a birth by caesarean section and the associated complications such as infection and blood loss

Breastfeeding problems

Not being able to lose your baby weight, which increases the likelihood of being overweight or obese in the future

#### Your baby is at higher risk of:



Being born larger than normal

Having an unusually low blood sugar level at birth which may require treatment

Being overweight or obese as a child or an adult