WEIGHT GAIN DURING YOUR PREGNANCY

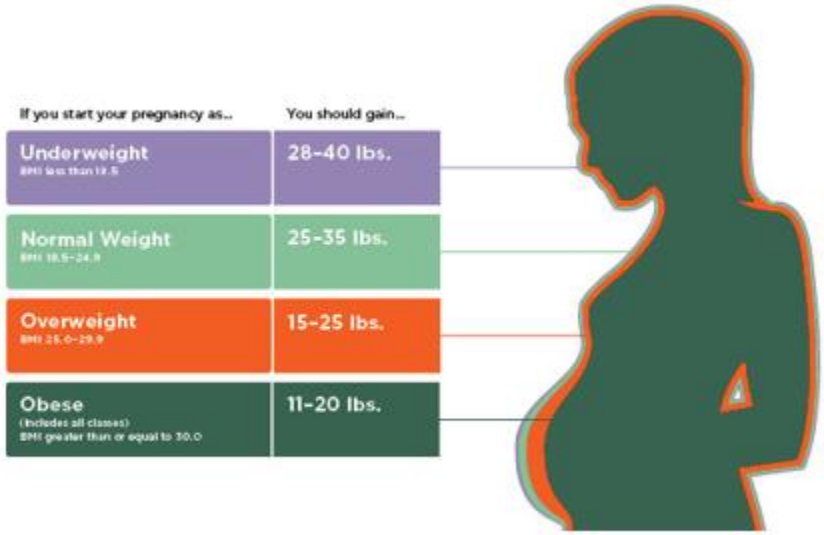
What is **BMI**?

- BMI stands for Body Mass Index. It is a measure of the <u>total fat in your body</u>. It is calculated based on your height and weight.

How do we use BMI?

- BMI is used to help you know if you are underweight, healthy weight, overweight or obese. It is also used to determine your target weight gain during pregnancy.

What is your BMI? And how much weight should you gain during pregnancy?



http://www.umdrightnow.umd.edu/news/inadequate-pregnancy-weight-gain-risk-factor-infant-mortality

What are the <u>risks</u> of gaining weight more than I should?

- More likely to develop gestational diabetes and pre-eclampsia (high blood pressure)
- Increased risk of needing a Caesarian section and having a large for gestational age baby
- Less likely to lose the weight gained after pregnancy

How can I limit my weight gain?

- *You don't need to eat for two!* You don't need any extra calories in the first 6 months of pregnancy and you only need 200 more a day for the last 3 months.
- Limit intake of fast food, soda, juices, and other sugary drinks. A single can of coke has 140 calories and a small Dunkin' Donuts Coolata or a medium flavored latte has 400 calories!
- Try to get at least 30 minutes of physical activity a day.
- Ask your doctor if you have any questions or would like to speak to a nutrition counselor.