



## Weight gain during pregnancy

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Weight gain during pregnancy varies from woman to woman. On average most women will put on 1-2kg in total in the first three months of pregnancy, followed by 1-2kg per month for the remaining six months of pregnancy. This equates to an average weight gain of between 11-16kg. It is important to remember that not everyone will follow this pattern, and you may gain weight at a different rate and this can still be normal.

### **The following is a guide from the World Health Organization (WHO) based on pre-pregnancy BMI calculation**

Underweight pre-pregnancy (BMI of < 18.5):

Total weight gain 12-18 kg

Normal weight pre-pregnancy (BMI 18.5-24.9):

Total weight gain 11-16 kg

Overweight pre-pregnancy (BMI 25.0-29.9):

Total weight gain 6-11 kg

Obese pre-pregnancy (BMI >30.0):

Total weight gain 5-9 kg

It is very important that you try to eat a healthy, well-balanced diet and participate in light exercise (see “Exercise During Pregnancy”) to maintain a healthy level of weight gain throughout your pregnancy.

If you have any concerns regarding your weight or diet during pregnancy you can discuss this with Marcia or a midwife at your next appointment. We can also organize a referral for a dietitian if this is something you are interested in.