It’s natural — and expected! — to gain weight when you’re pregnant. The amount you gain each week is something that depends on your unique health situation.

However, there are some general guidelines you can expect. Talk to your doctor about what’s best for your individual well-being, and keep these ranges in mind.

1ST TRIMESTER
Up to 5 pounds

2ND TRIMESTER
1-2 pounds per week

3RD TRIMESTER
1-2 pounds per week

BIRTH

If you’re underweight, gaining between 28 and 40 pounds is recommended.

If you’re a healthy weight, expect to gain about 25-35 pounds.

If you’re overweight, you might only need to gain 15-25 pounds during pregnancy.

If you’re obese, your recommended weight gain is 11-20 pounds.

Where Does the Weight Go?

It might feel like you gain all the pregnancy weight in your belly. It goes to many different places around your body. If you gain around 30 pounds during pregnancy:

1. You gain about 4 pounds of fluid all over your body.
2. You gain about 7 pounds of fat that your body stores.
3. The baby is about 7.5 pounds.
4. You have 4 extra pounds of blood in your body.
5. Amniotic fluid accounts for 2 pounds.
6. Your uterus is about 2 pounds.
7. Your breasts gain 2-3 pounds.
8. Your placenta is about 1.5 pounds.
9. Your placenta is about 1.5 pounds.

After pregnancy, it is safe to lose the extra weight by eating healthy and exercising when your doctor gives you the OK. A weight loss of about 1 pound per week is a healthy rate.