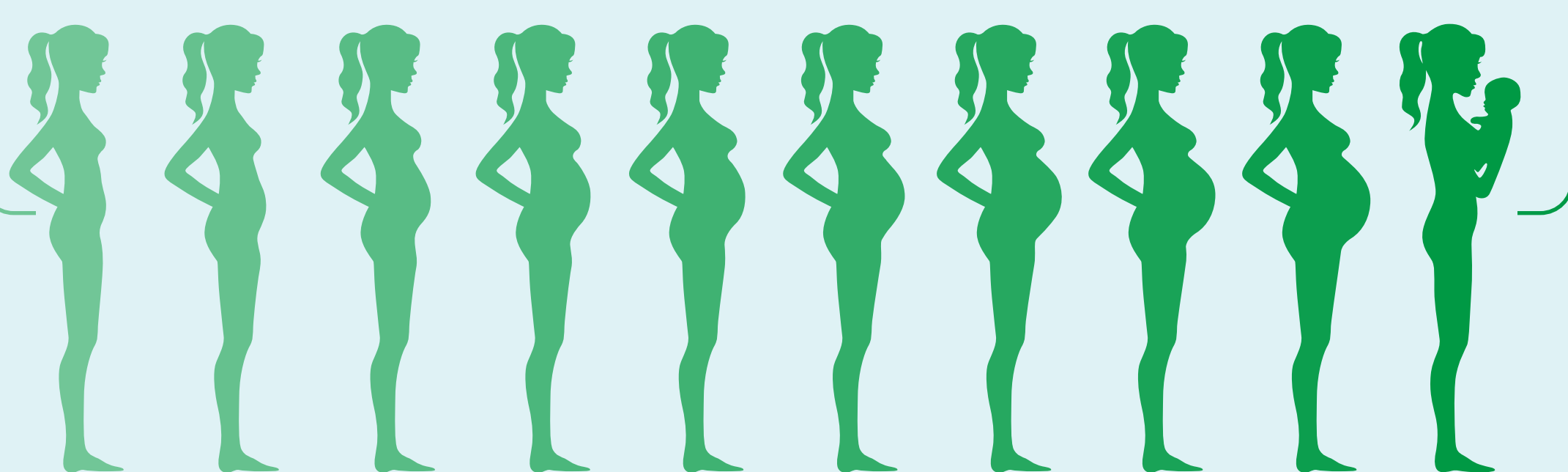


# EXPECTED PREGNANCY WEIGHT GAIN EACH WEEK



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.



<b>1<sup>ST</sup> TRIMESTER</b> Up to 5 pounds	<b>2<sup>ND</sup> TRIMESTER</b> 1-2 pounds per week	<b>3<sup>RD</sup> TRIMESTER</b> 1-2 pounds per week	<b>BIRTH</b>
---	--	--	--------------



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.

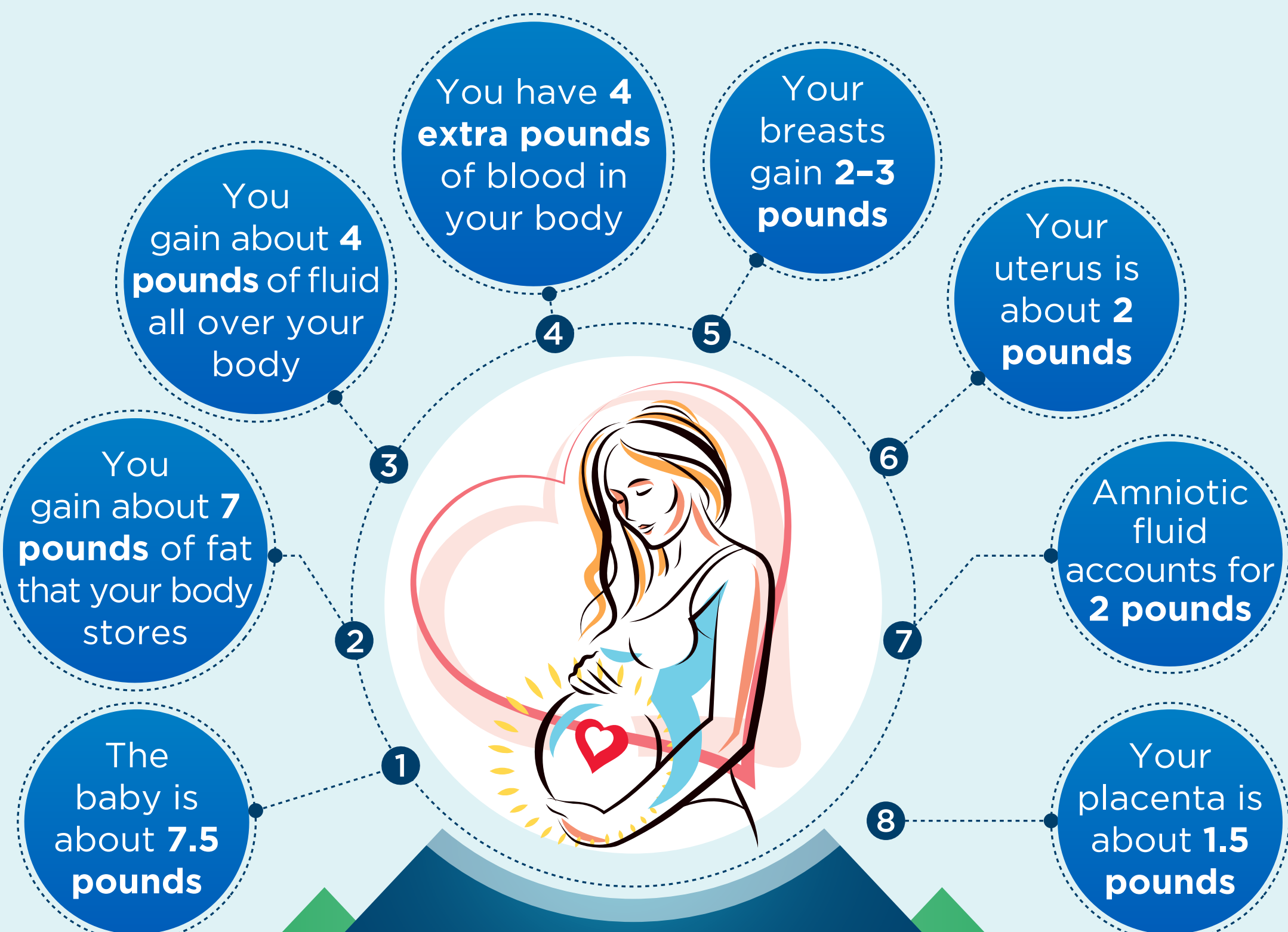
If you're **obese**, your recommended weight gain is 11-20 pounds.

## MAINTAINING A HEALTHY WEIGHT CAN HELP YOU AVOID

High blood pressure	Gestational diabetes	Complications during delivery	Having a heavy or underweight baby	Having extra weight to lose after giving birth	Worsened pregnancy symptoms like achy joints or heartburn

## 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:



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.