Weight & Nutrient Guidelines
During Pregnancy

I. Weight Gain

A. Total Amount
Weight gain recommendations depend on pre-pregnancy weight status:

Underweight (BMI <19.8)  28-40 lb.
Normal Weight (BMI 19.8-26.0)  25-35 lb.
Overweight (BMI >26.0-29.0)  15-25 lb.
Obese (BMI >29.0)   15 lb.
Twins     35-45 lb. (NOTE: should gain 24 lb. by 24 wks.)
Triplets    45-55 lb. (NOTE: should gain 36 lb. by 24 wks.)
Teens Strive for gains at the upper end of the ranges to meet growth needs.

Note: Shorter women (< 5’2’’) should strive for gains at the lower end of the ranges.

Where does the weight go?

Baby   7.5 lb.
Amniotic fluid 2 lb.
Placenta  1.5 lb.
Uterus   2 lb.
Breasts   2 lb.
Body fluids  4 lb.
Blood    4 lb.
Maternal stores  7 lb.

B. Rate

<table>
<thead>
<tr>
<th>Trimester</th>
<th>Period</th>
<th>What’s Going On</th>
<th>Weight Gain (for normal wt.)</th>
<th>Kcal Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0-13 wks.</td>
<td>cell differentiation</td>
<td>2-4 lb. total</td>
<td>No additional need</td>
</tr>
<tr>
<td>2</td>
<td>14-27 wks.</td>
<td>maternal tissue growth</td>
<td>~1 lb. / wk. (0.97 lb./wk.)</td>
<td>+ 340 Cal. / day</td>
</tr>
<tr>
<td>3</td>
<td>28-40 wks.</td>
<td>fetal growth</td>
<td>~1 lb. / wk. (0.97 lb./wk.)</td>
<td>+ 452 Cal. / day</td>
</tr>
</tbody>
</table>

Note: During lactation, calorie needs increase + 330 Cal./day during first 6mo. and + 400 Cal./day during second 6 mo. Diets providing <1800 Cal. are NOT recommended during pregnancy or lactation.
C. Risks of Inadequate or Excessive Weight Gain

<table>
<thead>
<tr>
<th>Risks of Inadequate Weight Gain</th>
<th>Risks of Excessive Weight Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defined as &lt; 1 lb. / mo. in 1st trimester and &lt; 2 lb. / mo. in 2nd and 3rd trimesters</td>
<td>(especially in overweight/obese women)</td>
</tr>
<tr>
<td>♦ growth retardation and small baby:</td>
<td>♦ post-partum weight retention</td>
</tr>
<tr>
<td>- low birth weight (&lt; 5.5 lb.)</td>
<td>♦ large baby (&gt; 9.5 lb.) and obese child</td>
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<tr>
<td>or very low birth weight (&lt; 3.5 lb.)</td>
<td>♦ gestational diabetes</td>
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<tr>
<td>♦ premature baby (&lt; 37 weeks)</td>
<td>♦ pregnancy induced hypertension (PIH)</td>
</tr>
</tbody>
</table>

D. Should obese pregnant woman restrict calories to lose weight during pregnancy?
- NO!!!
- Goals for obese women: Stable weight 1st trimester. 0.5 lb./wk. during 2nd and 3rd.

II. Nutrient Needs

A. Protein
1.1 g/kg/day (or 0.5 g/lb.) *(NOTE: This is ~25 additional grams of protein per day.)*

B. Carbohydrate
175 g/day, with 28 g fiber/day *(NOTE: Low carbohydrate diets are NOT recommended.)*

C. Fat
Very low fat diets are NOT recommended.
Ensure adequate essential fatty acids.
Omega 6 fatty acids (linoleic acid): 13 g/day
Omega 3 fatty acids (alpha-linolenic acid): 1.4 g/day

NOTE: Fatty fish are excellent sources of DHA and EPA (two types of omega 3 fatty acids which are particularly important for fetal brain and vision development). But, because fish can also be contaminated with toxic heavy metals, there are certain limits on fish consumption during pregnancy:
- NO shark, swordfish, king mackerel, or tilefish.
- It is safe to eat up to 12 oz. of fish per week.


D. Important Vitamins & Minerals
1. Calcium: No change 1300 mg/day if 14-18 yrs; 1000 mg/day if 19-50 yrs.
2. Iron: Increased need 27 mg/day (vs. 18 mg/day)
3. Folic acid: Increased need 600 mcg/day (vs. 400 mcg/day)