

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

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

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

Risks of Inadequate Weight Gain Defined as < 1 lb. / mo. in 1 st trimester and < 2 lb. / mo. in 2 nd and 3 rd trimesters	Risks of Excessive Weight Gain (especially in overweight/obese women) Defined as > 2 lb. / wk.
<ul style="list-style-type: none"> ◆ growth retardation and small baby: - low birth weight (< 5.5 lb.) or very low birth weight (< 3.5 lb.) ◆ premature baby (< 37 weeks) 	<ul style="list-style-type: none"> ◆ post-partum weight retention ◆ large baby (> 9.5 lb.) and obese child ◆ gestational diabetes ◆ pregnancy induced hypertension (PIH)

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.

Reference: 2002 Institute of Medicine (IOM) Report on Dietary Reference Intake for Macromutrients.

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)