

Weight gain during pregnancy

Weight gain: what's recommended

The recommended amount of weight you should gain throughout your pregnancy can be calculated based on your body mass index (BMI).

To determine your BMI, simply divide your weight in kilograms by the square of your height in metres (or divide your weight in pounds by the square of your height in inches and then multiply the result by 703). If you're unsure, you can use our BMI table below, or speak to your doctor who'll be able to work it out for you.

Steady and gradual weight gain is best but as every pregnancy and every woman is different, you may gain more during some weeks than others.

BMI Approximate weight you should aim to gain during pregnancy:

- 20 or less Between 12.5 and 18kg (or 28 – 40lb)
- 20 – 26 Between 11.5 and 16kg (or 25 – 35lb)
- 26 or above Between 7 and 11.5kg (or 15 – 25lb)

Weight loss during pregnancy

Being overweight can mean you're more at risk of developing high blood pressure, gestational diabetes and premature birth and even increase your risk of complications. However, once you become pregnant, losing weight is not recommended as it can reduce your baby's birth weight and put them at risk. Dieting can starve you and your baby of the vital nutrients needed to help your baby develop.

A healthy, balanced diet consisting of a wide range of food groups will give your baby the vitamins and minerals they need and prevent you from putting on any unnecessary weight.

Being underweight during pregnancy

If you're underweight and trying for a baby, putting on weight now will not only help you to have a healthier pregnancy, it can also help you to conceive. If you are already pregnant, your midwife will be able to advise you on the healthiest way to add extra calories and nutrients to your diet to ensure you gain a healthy amount of weight.

If you have any questions about weight gain in pregnancy our team of experienced mums and midwives can help – give them a call on **08457 623 628** between 8am and 8pm Monday to Friday.