

# Weight Gain in Pregnancy

Weight gain is a normal and healthy part of pregnancy. Your doctor or midwife will offer to weigh you at your appointments to help monitor the health of you and your baby.

## How much weight can I expect to gain?

Every pregnancy is different, so weight gain is not one-size-fits-all. Your doctor or midwife will discuss the amount of weight you are recommended to gain during your pregnancy. It will depend on your weight before you became pregnant.

The amount of weight you are recommended to gain is .....

No matter your weight or size, there are things you can do for a healthy pregnancy.

## Eat well



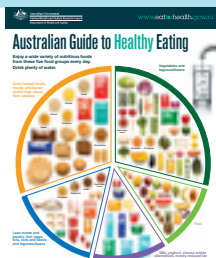
### Eat different colours and types of vegetables and fruits

The more variety the better.



### Eat regular meals and snacks around the same time everyday

This helps to regulate your appetite, so you don't feel too hungry or full.



### Base your meals and snacks on the five food groups

Vegetables, grains, fruit, meat (and alternatives), dairy (and alternatives).



### Choose wholegrain foods like wholemeal bread and brown rice

These filling foods contain more fibre which can help reduce constipation.



### If having foods high in sugar, salt and fat

Choose these sometimes or in small amounts.

## Move your body



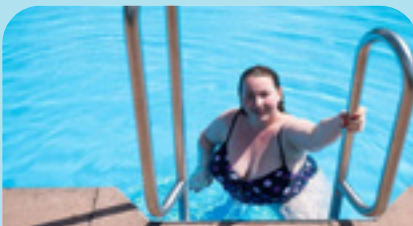
**Being active for 30-60 minutes every day helps your body be strong and fit.**

Light to moderate exercise is usually safe. Start slowly if you are not currently very active.



**Choose physical activities that work for you**

You can be active in small amounts over the day. Listen to your body. Choose activities where you can still talk and feel comfortable.



**Activities like walking, swimming or aqua pregnancy classes build fitness**

Check out what is available in your local community. Find an activity or walking buddy.



**Activities like pregnancy yoga, pilates or light weight training build strength**

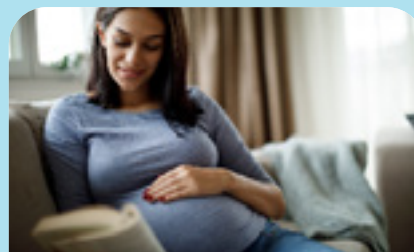
Try to include these strength activities twice a week. Avoid heavy weights and lying on your back.



**Make time to do your pelvic floor exercises every day**

Talk to your physio, doctor or midwife. Free pelvic floor exercise apps can be used to remind you, and monitor your progress.

## What else is important



**Finding ways to help you relax and reduce stress**

Reading, gardening, walking or meditation may help. Talk to your partner, family and friends about how they can help.



**Getting as much sleep and rest as you can**

Getting enough sleep can help you make positive choices about food and activity.



**Drinking water as your main drink**

Remember you may need more water in hot weather or when being active.



**Taking the important pregnancy supplements of iodine and folate**

Talk to your midwife and doctor about your needs.



**Managing any nausea. Eat when you can. Seek medical advice if it does not improve.**

You can widen your variety of foods as you start to feel better.

## When to talk to your doctor or midwife

- If you have questions or concerns about your weight, eating or movement activities.
- If you have questions or concerns about being weighed, or if you have a history of disordered eating. Some people prefer to face away from the scales when being weighed and not be told their weight.
- If you have high levels of stress, or struggle to get healthy food or time for exercise, ask what supports might be available to you, or ask family or friends for help if possible.

## For more information

[www.pregnancybirthbaby.org.au/weight-gain-in-pregnancy](http://www.pregnancybirthbaby.org.au/weight-gain-in-pregnancy)