

# How much weight should I gain during pregnancy?



Pre-Pregnancy body mass index (BMI)	Total Weight Gain	Rate of Weight Gain
BMI below 18.5	28 - 40 lbs	1.0 lb / week
BMI 18.5 - 24.9	25 - 35 lbs	1.0 lb / week
BMI 25.5 - 29.9	15 - 25 lbs	0.6 lb / week
BMI above 30	11 - 20 lbs	0.5 lb / week

## My Pregnancy Plate

Non-starchy vegetables



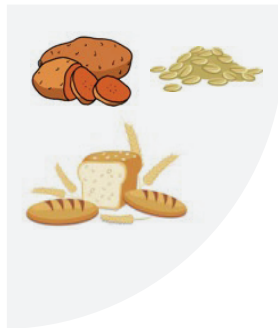
Protein



Fruit



Whole grains, legumes, and starchy vegetables



## Physical Activity

- Helps to prevent diabetes in pregnancy.
- Helps to control weight gain.
- Improves sleep.
- Improves mood.

Aim for **150 minutes** of moderate intensity activity every week

Drink mainly water or decaf tea/coffee. Avoid sugary drinks.