

# PREGNANCY WEIGHT GAIN

Pregnancy  
series



Two indications that your baby is growing well and getting all the nutrients needed for optimal growth are if you are:

- Gaining the right amount of weight and
- Eating a healthy, balanced and varied diet

## ◎ Why is it important to gain the right amount of weight?

Gaining the right amount of weight reduces these risks:

- Gaining too little weight increases the risk of having a low birth weight baby (2.5 kg)

Gaining too much weight can lead to:

- Backaches and varicose veins and, possibly, health complications such as Gestational Diabetes (GMD) and Pregnancy- Induced Hypertension (PIH)
- An increased risk of having a large baby, who may become obese later in life. This may also result in complications during delivery



## ◎ How much weight should you gain during pregnancy?

Weight gain during pregnancy varies from woman to woman.

In general, your total weight gain during pregnancy depends on:

- Your pre-pregnancy body weight status and
- The number of baby/ babies you are expecting

## ◎ Use the BMI (Body Mass Index) to determine your pre-pregnancy body weight status.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

BMI (kg/m <sup>2</sup> )	
< 18.5	Under weight
18.5 – 24.99	Normal Body weight
≥25.00	Over weight
≥30.00	Obese

\*As per WHO(World Health organization) BMI classifications.



## © Why is it important to gain the right amount of weight?

- Slow weight gain in the first trimester(1 to 3 kg)
- Picks up momentum in the second and third trimester  
(0.5 kg each week, or 0.7 kg a week if you're expecting twins)

### Recommended Weight Gain (kg)

11-16

13-18

7-11

5-9

17-24.5

14-23

11-19

### Your Pre-pregnancy Body Weight Status + No. of Babies

At your healthy weight + single baby

Underweight + single body

Overweight + single baby

Obese + single baby

At your healthy body weight + twins

Overweight + twins

Obese + twins

## IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

### A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i) Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii) Breast Milk -
  - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
  - b) Has anti-infective properties that protect the infants from infection the early months;
  - c) Is always available;
  - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii) Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv) Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

### B. Details of management of breast-feeding, are as under :

- i) Breast-feeding-
  - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
  - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii) In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii) Adequate care for the breast and nipples should be taken during pregnancy;
- iv) It is also necessary to put the infant to the breast as soon as possible after delivery;
- v) Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi) Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii) The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii) Let the infants suckle on demand;
- ix) Every effort should be made to breast-feed the infants whenever they cry;
- x) Mother should keep her body and clothes and that of the infant always neat and clean,