

FOUR STEPS TO MAKING THE BEST PREGNANCY OUTCOMES FOR YOU AND YOUR BABY

while reducing your chances of a cesarean section

Ask your prenatal provider to measure your height and weight and to calculate your body mass index (BMI). Use your BMI to plan a target weight gain for this pregnancy.

Pre-Pregnancy BMI Category (Body Mass Index = BMI)	Recommended Total Weight Gain During Pregnancy	
BMI < 18.5 Underweight	12.5 – 18.0 kg	28.0 – 40.0 lbs
BMI 18.5 – 24.9 Normal Weight	11.5 – 16.0 kg	25.0 – 35.0 lbs
BMI 25.0 – 29.9 Overweight	7.0 – 11.5 kg	15.0 – 25.0 lbs
BMI ≥ 30 Obese	5.0 – 9.0 kg	11.0 – 20.0 lbs

$$\text{Body Mass Index (BMI)} = \text{Weight (kg)} / [\text{Height (m)}]^2$$

Check your weight gain about once a month during pregnancy.

Take a daily prenatal vitamin with folic acid and vitamin D. Your prenatal care provider can help you select the best dose.



Include 5-7 servings of fruits or vegetables every day. Fruits and vegetables contain vitamins and minerals for healthy baby building. [The MyPlate Plan](#) can help you choose meals and snacks you'll enjoy.



Take the baby for a walk!

Daily physical activity reduces the risk of a cesarean section birth. Walking is all that is needed. Thirty minutes a day for 5 days a week is ideal. You can divide the 30 minutes into two 15 minutes walks or three 10 minute walks.

