



Healthy Weight Gain During Pregnancy

Gaining weight is a natural part of pregnancy. It helps your baby grow and develop, and prepares you for breastfeeding.

How much weight you should gain depends on your Body Mass Index before you became pregnant (your pre-pregnancy BMI).

Find out your pre-pregnancy BMI and your recommended weight gain at healthcanada.gc.ca/pregnancy-calculator and talk to your health care provider.

Based on my pre-pregnancy BMI (___), ☐ kilograms (kg)
my recommended weight gain is between ___ and ___ ☐ pounds (lbs)

Most of this weight gain will happen in the second and third trimesters, as your baby and the tissues that support your pregnancy continue to grow.

Where does the weight go?

Here's an example:

Sarah's pre-pregnancy BMI: 23
Her recommended weight gain:
11.5-16 kg (25 to 35 lbs)

- Extra blood, fluids and protein: 3.5 kg
- Breasts and energy stores: 3 kg
- Uterus: 1 kg
- Placenta: 1 kg
- Baby: 3.5 kg
- Amniotic Fluid: 1 kg

Sarah's total weight gain
at 40 weeks: 13 kg (29 lbs)