

THINGS PREGNANT WOMEN SHOULD KNOW

Even if you have had a baby before, you can always learn something new; each pregnancy is different. The remainder of this booklet lists information to provide peace of mind and help keep you and your baby safe throughout your pregnancy.

HOW MUCH WEIGHT SHOULD I GAIN?

This will vary from person to person. Women who weigh less need to gain more. Women who weigh more need to gain less. The amount of weight you need to gain ranges from 11-40 pounds, depending on your pre-pregnancy weight and body mass index (BMI). We will assess your weight at each visit and discuss any concerns that you might have.

BMI	Total weight to gain
Less than 18.5	Gain 28 - 40 pounds
18.5 - 24.9	Gain 25 - 35 pounds
25 - 29.9	Gain 15 - 25 pounds
Greater than 30	Gain 11 - 20 pounds

For more information about weight gain in pregnancy and to calculate your BMI, please visit: <https://www.marchofdimes.org/pregnancy/weight-gain-during-pregnancy.aspx>.

My pre-pregnancy BMI is: _____

How many pounds should I gain? _____

WHAT SHOULD I EAT DURING MY PREGNANCY?

You do not necessarily have to eat more during pregnancy. It is recommended to add approximately 200-300 extra calories per day; however, it is important to eat the right food. Here are some recommended servings per day:

- 6-8 large glasses of water.
- 1 serving of a food rich in folic acid, like dark green, leafy vegetables (1 half cup is a serving).
- 1 serving of vitamin C-rich foods, like oranges, sweet peppers, or tomatoes (1 half cup is a serving).
- 2-3 servings of lean meat, fish, eggs, or nuts. (A piece of meat the size of a deck of cards is 1 serving).
- 2-3 servings of iron-rich foods, like black-eyed peas, sweet potatoes, greens, dried fruit, or meat.
- 3-4 servings of fruit. Fresh, raw fruit is best (1 small apple or a half cup of chopped fruit is a serving).
- 4-5 servings of vegetables. (1 medium carrot or half a cup of chopped vegetables is a serving).
- 6-9 servings of whole grain foods like bread or pasta. By reading the label, you will know that you are getting "whole" grain and not just brown-colored bread or pasta (1 slice of bread or a half cup of cooked pasta is a serving).