

## **Weight Gain During Pregnancy**

Weight gain during pregnancy should be gradual with the most weight being gained in the last trimester. According to the American College of Obstetrics and Gynecology (ACOG), you should gain about 2 to 4 pounds during the first three months of pregnancy and then 3 to 4 pounds per month for the rest of your pregnancy.

Total weight gain for women with a normal Body Mass Index (BMI) - the ration of weight to height - should be about 25 to 30 pounds. This will decrease the risk of delivering a low-birth-weight baby. The Institute of Medicine recommends that women who have a low BMI should gain 28 to 40 pounds during pregnancy.

Women who have a high BMI should gain less. Obese women have a greater risk of having babies with neural-tube defects and other malformations. They are twice as likely to need a Cesarean section for delivery. Babies born from obese mothers are more likely to be overweight later in life. Recent information recommends obese women not to put on any weight at all during pregnancy.