



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Weight Gain in Pregnancy





Like it or not, pregnancy weight gain is inevitable. Your baby's growth and development depend on it. Eating for two isn't a license to eat twice as much as usual, however. Use healthy lifestyle habits to control your pregnancy weight gain, support your baby's health and make it easier to shed the extra pounds after delivery.

Although you do need some extra calories, it's not necessary to "eat for two". You probably need only 100 to 300 more calories than you did before you got pregnant to meet the needs of your growing baby.

Ask your health care provider how much weight you should gain during your pregnancy.



Extra Weight During Pregnancy:

It's important to accept that you are going to put on weight during your pregnancy as your body is growing and changing to give your baby the best start in life.

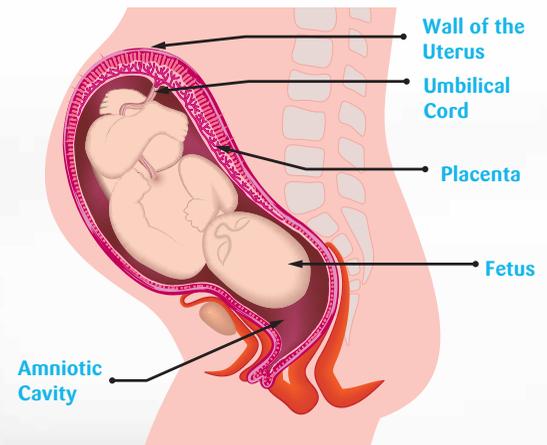


By the time you give birth, a third of your extra weight will come from your baby, the placenta and the amniotic fluid. Here are some averages to give you an idea.

- At birth, a baby weighs about 3.3kg (7.3lb).
- The placenta weighs 0.7kg (1.5lb).
- The amniotic fluid weighs 0.8kg (1.8lb).

The other two thirds of the extra weight are accounted for by the changes that happen to your body while you're pregnant. The following figures are averages:

- The muscle layer of your uterus (womb) grows dramatically and weighs an extra 0.9kg (2lb).
- Blood volume increases and weighs an extra 1.2kg (2.6lb).
- Extra fluid in body weighing about 1.2kg (2.6lb).
- Breasts weigh an extra 0.4kg (0.9lb).
- Stored fat, about 4kg (8.8lb), to give energy for breastfeeding.



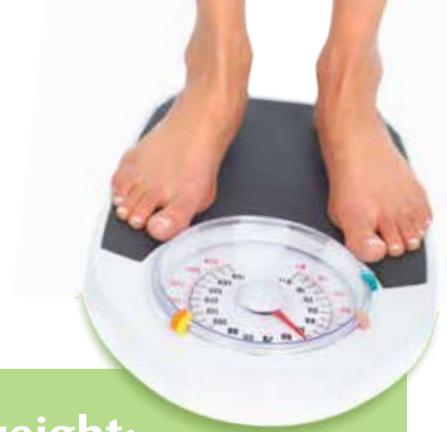
No Ideal Weight Gain:

The amount of weight you should put on during your pregnancy will depend on what your Body Mass Index (BMI) was before you got pregnant. The BMI measures your weight (Wt) in relation to your height (Ht²).

$$\text{BMI} = \text{Wt (kg)} / \text{Ht}^2 \text{ (m)}$$

The BMI is considered the accurate way of knowing whether your weight is in a healthy range or not.

Pre-Pregnancy BMI	BMI	Total Weight Gain
Underweight	< 18.5	13kg - 18kg
Normal weight	18.5 - 24.9	11.5kg - 16kg
Overweight	25 - 29.9	7kg - 11.5kg
Obese	≥ 30	5kg - 9kg
Obese 1	30 - 34.9	0 - 7kg
Obese 2	35 - 39.9	0 - 7kg
Obese 3	≥ 40	0 - 7kg



Underweight:

If you don't gain enough weight and your BMI is low, you are more likely to have a premature baby, or a baby with low birth weight.



Overweight:

If you had a high BMI before you conceived, you should try to limit the amount of weight you put on. Putting more weight on may increase your risk of complications during pregnancy, in the labor and post birth.

Risks:

- **During Pregnancy:**
 - Gestational hypertension/pre-eclampsia
 - Gestational diabetes
 - Abnormalities in the baby's growth, development and general health
 - Sleep apnea
- **During labor:**
 - Failure to progress in labor
 - Shoulder dystocia for borne baby
 - Difficulties monitoring the baby's heart
 - Difficulties providing satisfactory pain relief during labor
 - Increased risk with attempted vaginal birth after caesarean section
 - Need for an emergency caesarean section
 - Increased risk of complications related to caesarean section
- **After birth:**
 - Increased risk of wound infection
 - Increased risk of blood clots
 - Increased risk postnatal depression
 - Less likely to initiate or maintain breastfeeding
 - Increased risk of childhood obesity

Advice:

- **Don't try to diet, try to eat sensibly.**
A healthy diet should keep you and your baby healthy.
- **Cut out snacks that are high in fat and sugar** such as biscuits, cakes, sweets and ice-cream. Replace them with more nutritious snacks, such as fresh fruit, wholegrain crackers and low-fat cheese and yogurt.



How can you control your weight?

The best thing you can do is to keep eating sensibly. It is recommended that you have about 2,000 calories per day. You don't need any more than that until the last three months of your pregnancy; when you'll need an extra 200 calories a day. You can get the extra 200 calories from, for example, a slice of toast with baked beans or a bowl of wholegrain cereal with semi-skimmed milk.

To eat healthily, have a range of the following foods:

- Bread, pasta, potatoes, rice and cereals (carbohydrates). It's good to have the wholegrain varieties, such as brown rice and pasta, and whole wheat bread. Try to ensure that starchy food makes up a third of what you eat daily.
- Fruit and vegetables, at least five portions a day. These should make up another third of what you eat daily.
- Proteins, such as meat (but not liver), fish, eggs and pulses.
- Dairy products, such as milk, yoghurt and cheese. Low-fat versions are a good option if you are overweight.



Remember

- You don't need to eat for two. If you put on too much weight during your pregnancy it can be hard to lose it after your baby is born.
- Don't forget it's not just about food! Exercise is good for you during your pregnancy and can help you maintain a healthy weight.

The Eatwell Plate



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