



MyPyramid in Action Tips for Pregnant Moms

How Much Weight Should I Gain?

You should gain weight gradually during your pregnancy. Many doctors suggest women gain weight at the following rate:

- 2 to 4 pounds *total* during the first 3 months (first trimester)
- 3 to 4 pounds *per month* during the 4th to 9th months (second and third trimesters)

The total amount of weight you should gain depends on your weight when you became pregnant. Women who were at a healthy weight before becoming pregnant should gain between 25 and 35 pounds while pregnant. The advice is different for those who were overweight or underweight before becoming pregnant. Check with your doctor to find the amount that is right for you.



Visit your doctor regularly. The doctor can check on your weight gain. If you are gaining weight too fast, you may need to cut back on the calories you are currently eating. If you are not gaining weight, or gaining too slowly, you may need to eat more calories.

- The best way to eat fewer calories is by decreasing the amount of “extras” you are eating.
- You can take in more calories by eating a little more from each food group.

What are “extras”?

Extras are added sugars and solid fats in foods. Some examples of foods with “extras” are the following:

- Soft drinks
- Candies
- Desserts
- Biscuits
- Sweetened cereals
- Fried foods
- Cheese
- Whole milk
- Sweetened yogurt
- Sausages
- Fatty meats

Look for choices that are low-fat, fat-free, unsweetened, or with no-added sugars.

What About Physical Activity?

Unless your doctor advises you not to be physically active, include 30 minutes or more of physical activity, such as walking or swimming, on most if not all days of the week.

- Avoid activities with a high risk of falling or injury.
- The physical activity can be done in short periods of 10 minutes.

