

Pregnant or a New Parent?



Weight Gain During Pregnancy

It is important to accept that you are going to gain weight during pregnancy.

Steady weight gain is a good sign, because it tells you:

- your baby is growing
- your uterus and placenta are growing
- your breasts are growing and getting ready for breastfeeding
- you're making more blood to carry food and air to your baby

How much weight should I gain?

Average weight gain is 25-35 pounds. Talk to your health care provider about your recommended weight gain.

Where does the weight go?

4 kg (8.8 lbs) Muscle & Fat

You develop more muscle and fat to help your body during pregnancy.

1.1 kg (2.5 lbs) Breasts

Your breasts increase in size to prepare for feeding your baby.

3.4 kg (7.5 lbs)

Average size baby at birth.

0.9 kg (2 lbs) Amniotic Fluid

This is the fluid in which the baby lives in.



3.5 kg (7.7 lbs) Blood and Extra Fluid

While you are pregnant your body makes more blood. This helps to bring food and oxygen to your baby.

1.1 kg (2.5 lbs) Uterus

Your uterus increases in size by about 20 times to hold your growing baby.

0.7 kg (1.5 lbs) Placenta

This organ is formed during pregnancy to help pass nutrients (food) from you to your baby. Waste from the baby passes to you through the placenta.

Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.