



* DURING PREGNANCY *

HOW MUCH WEIGHT GAIN IS TOO MUCH?

General recommendation:

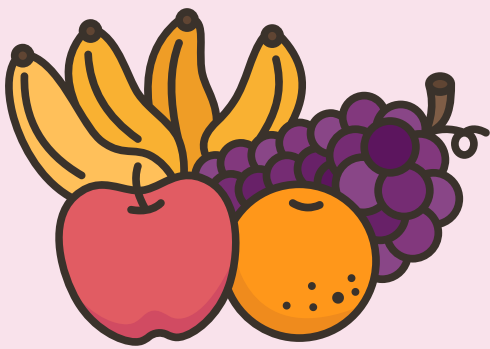
If your BMI is considered normal (between 18.5-24.9), the recommendation is to gain between 25 and 35 pounds.

Gain a little more if you are underweight and vice versa for overweight.

HERE ARE SOME TIPS TO GET YOUR WEIGHT BACK ON TRACK.

1 DON'T DIET

Your baby needs the nutrients, so now is not the time to diet in order to lose weight.



2 CUT EMPTY CALORIES

Examples:

- Substitute 1 or 2% milk instead of whole
- Fresh fruit over dried
- Baked potatoes over french fries
- Grilled chicken over fried

* You still need calories, these are just ideas of smart substitutions. *

3 GET ACTIVE

30 minutes of exercise a day is recommended.

Try incorporating exercise in your daily routine, such as adding extra steps in your walk from your car to the store.

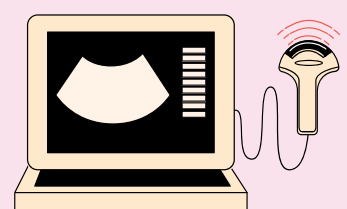


4 STOP LATE NIGHT SNACKING

Eat smaller meals more frequently throughout the day, and if you are going to eat snacks in the evening, try to keep them light and nutritious.

RISKS OF GAINING TOO MUCH WEIGHT?

- Ultrasound results are less accurate
- Increased blood pressure and discomfort
- Preeclampsia or gestational diabetes
- Preterm labor or a larger baby



IT IS POSSIBLE TO CONTROL WEIGHT GAIN BY TALKING TO YOUR DOCTOR AND USING THEIR HELP TO MODIFY YOUR DIET AND ADD EXERCISE INTO YOUR ROUTINE.