

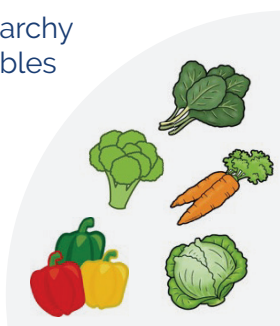
What is a healthy amount of weight to gain during pregnancy?



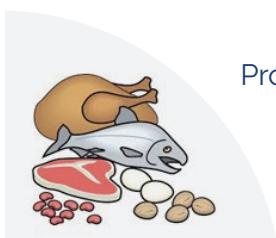
Pre-Pregnancy Body Mass Index (BMI)	Total Weight Gain	Rate of Weight Gain
Below 18.5	28 – 40 lbs	1.0 lb / week
18.5 – 24.9	25 – 35 lbs	1.0 lb / week
25.5 – 29.9	15 – 25 lbs	0.6 lb / week
Above 30	11 – 20 lbs	0.5 lb / week

Pregnancy Plate

Non-starchy vegetables



Protein



Fruit



Whole grains, legumes and starchy vegetables



Drink mainly water or decaf tea/coffee. Avoid sugary drinks.

Physical Activity

- Helps to prevent diabetes
- Helps to control weight gain
- Improves sleep
- Improves mood

Aim for **150 minutes** of moderate intensity activity every week

Examples of Pregnancy-friendly exercises:

- Swimming
- Brisk walk
- Light jog
- Yoga
- Indoor cycling
- Weight lift with light weights
- Pilates