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

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

Pregnancy Plate

- Non-starchy vegetables
- Protein
- Whole grains, legumes and starchy vegetables
- Fruit

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