



HEALTHY WEIGHT GAIN

Where does the extra weight go?

Breasts — about 2.5 pounds (1.1 kg)

- to prepare for feeding your baby

Placenta — about 1.5 pounds (0.7 kg)

- formed to bring food to your baby and take away waste

Average Baby — about 7.5 pounds (3.4 kg)

Amniotic Fluid — about 2 pounds (0.9 kg) or 3 1/2 cups

- this is the fluid that surrounds the baby

Uterus — about 2.5 pounds (1.1 kg)

- increases in size about 20 times to hold your growing baby

Blood and Extra Fluid — about 7 pounds (3.2 kg) or 13 cups

- to help bring food and oxygen to your baby

Muscle and Fat — about 6 pounds (2.7 kg)

- to help your body during delivery and breastfeeding

TOTAL — about 29 pounds or 13.1 kg

*Talk to your CPNP worker,
CHR, CHW, midwife, elders,
nurse, doctor, or nutritionist if
you are not gaining or if you are
gaining too much weight.*

