



Healthy Weight Gain During Pregnancy

Wondering how much weight you should gain during pregnancy? It generally varies depending on your body mass index (BMI) before you became pregnant. Find your BMI below to see how much total and weekly weight gain is recommended for a healthy pregnancy.

Pre-pregnancy BMI	Recommended Total Gain (lbs)	Rate of Gain in 2nd & 3rd Trimesters (lbs per week)*
<input type="checkbox"/> Lower than 18.5	28–40	1
<input type="checkbox"/> 18.5–24.9	25–35	1
<input type="checkbox"/> 25–29.9	15–25	0.6
<input type="checkbox"/> 30 or higher	11–20	0.5

*This assumes a gain of less than 5 lbs during the first trimester.

Gaining more weight than recommended increases your risk of gestational diabetes, high blood pressure, and cesarean delivery (C-section). It also increases your baby's risk for childhood obesity and diabetes later in life. Healthy eating and regular physical activity can help you maintain a healthy weight during your pregnancy.

Eat healthy

- Eat 3 balanced meals per day, plus 1 to 2 healthy snacks. Use “**The Healthy Plate**” method to guide meal planning. This prevents your blood sugar levels from going too high. Avoid or limit fried and processed foods and desserts.
- Aim for an extra 200 to 300 calories a day (about half a peanut butter sandwich and a glass of skim milk). If you have a **BMI of 30 or higher**, eating additional calories isn't necessary for the health of your baby. Remember, you don't need to “eat for 2.”
- Avoid soda, juice, and other sweet drinks.



Stay active

Exercising is good for you and your baby. Aim for at least 30 minutes of activity per day on most days of the week, unless your doctor tells you otherwise. Moderate activity means being able to talk in short phrases while exercising. It's OK if your heart rate increases during exercise and you're sweating. Be sure to drink water before, during, and after exercise.

If you're not physically active:

- Start with a 15-minute walk every day and gradually increase to 30 minutes of moderate-intensity exercise on most days.
- Try an elliptical machine or stationary bike, water aerobics, swimming, and modified yoga or Pilates.

If you're already physically active:

- Continue moderate-intensity exercise throughout your pregnancy.



Tips:

- Find an activity you enjoy.
- Set a small, achievable goal for yourself—it helps keep you motivated.
- Ask a friend or family member to do it with you.
- Have fun—listen to music or a podcast you enjoy.
- Wear comfortable clothing, athletic shoes, and a supportive bra.

Learn more



Healthy weight: kpdoc.org/nutritionexerciseandweight



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Some photos may include models and not actual patients.