

### What do I do if I am gaining too much weight?

Pregnancy is not a time for strict dieting. However you do not need to 'eat for two!' There are some simple choices you can make that will help you to limit the amount of additional energy you are eating. If you would like more advice about healthy eating and managing your weight gain in pregnancy please ask your midwife or doctor for a referral to a Dietitian.

#### Limit high sugar foods:

- Drink water, not soft drink or cordial
- Limit sweetened soft drinks
- Limit fruit juices to once a day as these are high in natural sugar
- Limit chocolate, lollies, sweets and muesli bars
- Go easy on desserts and take away foods

#### Limit the amount of fat you eat:

- Reduce your intake of snack foods such as biscuits, cakes, chips, crisps and chocolate
- Reduce the amount of fat or oil used in cooking
- Choose low fat or reduced fat dairy foods such as milk, yoghurt and cheese. These products still have all the calcium you need for your bones
- Avoid eating cream or sour cream
- Trim all the fat off your meat before cooking
- Remove skin from chicken
- Limit high fat take-away foods

Try to minimise snacking but if you do need to snack, choose options such as fresh fruit, low sugar yoghurt, dry biscuits with reduced fat hard cheese.

Try to do as much exercise as you can. Regular exercise can help prevent excess weight gain. Aim for no less than three times 30 minute sessions per week.

#### Warrnambool Women's Health Service

Midwifery enquiries (03) 5564 4363

Adapted from Bendigo Health 2020

## Pregnancy Weight Matters

### Managing your weight gain during pregnancy



During pregnancy it is normal to gain weight as your baby grows and your body adapts to being pregnant.

However, gaining too much weight or being overweight can cause complications for both you and your baby. These complications can occur while you are pregnant, during labour or after your baby is born.

Being underweight can also cause complications.

The purpose of this information is to help you to understand the risk of gaining too much weight or

being overweight in pregnancy (to you and your baby) and help you manage your weight.

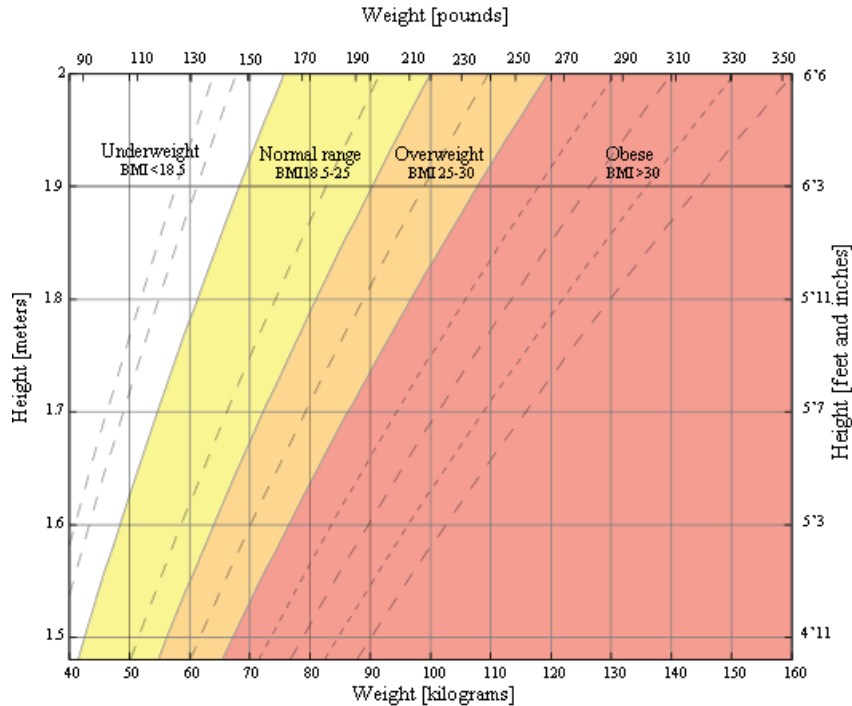
Weight is often a sensitive issue for women. In pregnancy many women struggle with body shape changes and you may feel uncomfortable discussing weight issues with your health professional.

The following information will help you to understand why additional precautions are taken during your pregnancy and how you can achieve the best possible outcomes for you and your baby.

## How do we measure weight?

The amount of weight you should gain in your pregnancy depends on **your pre-pregnancy weight**. You need to know your height (without shoes) and weight (in light clothing) to calculate your body mass index (BMI), or your weight adjusted for your height.

On the following graph trace across the line for your height and up for your weight and this will tell you what your BMI is.



## How much weight should I gain in my pregnancy?

The amount and pattern of weight gain varies for each woman and each pregnancy. The following table is a general guide to expected weight gain. Minimal weight gain is expected in the first trimester of pregnancy.

### References:

<http://docs.health.vic.gov.au/docs/doc/Maternity-and-Newborn-Clinical-Network-Obesity-Guideline-August-2011>  
<https://www.nhmrc.gov.au/guidelines/publications/n55>  
[https://www.nhmrc.gov.au/files\\_nhmrc/publications/attachments/n55g\\_adult\\_brochure.pdf](https://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55g_adult_brochure.pdf)  
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<http://iom.edu/~media/Files/Report%20Files/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines/Report%20Brief%20-%20Weight%20Gain%20During%20Pregnancy.pdf>  
<https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Weight-gain-in-pregnancy.pdf>

## Expected weight increase per trimester of pregnancy:

	Underweight	Healthy/ Normal weight range	Overweigh t	Obese
BMI	Less than 18.5 kg/m <sup>2</sup>	18.5 – 24.9 kg/m <sup>2</sup>	25-29.9 kg/m <sup>2</sup>	Higher than 30 kg/m <sup>2</sup>
First Trimester	1 – 3 kg	1 – 3 kg	0 – 1 kg	0 – 1 kg
Second Trimester	5 – 7 kg	5 – 6 kg	3 – 5 kg	2 – 4 kg
Third Trimester	6 – 8 kg	5 – 6 kg	4 – 5 kg	3 – 4 kg
Total in Pregnancy	12 – 18 kg	11 – 16 kg	7 – 11 kg	5 – 9 kg
Twin Pregnancy		16 – 24 kg	14 – 22 kg	11 – 19 kg

Institute of Medicine Guidelines 2009

## What are the risks of gaining too much weight during your pregnancy?

Most pregnancies are uncomplicated. However, gaining too much weight or being over your most healthy weight increases the risk of a number of pregnancy complications. The higher your BMI the more at risk you are of the following:

### When you are pregnant:

- Gestational diabetes – a form of diabetes that occurs in pregnancy
- Pre-eclampsia – high blood pressure and loss of protein in the urine
- Abnormalities of your baby's growth, development and general health
- Sleep apnoea – a condition that causes you to temporarily stop breathing while you are sleeping

### During labour:

- Failure of labour to progress
- Shoulder dystocia (the baby's shoulders get stuck during birth)
- Difficulties monitoring the baby's heart
- Difficulties with providing satisfactory pain relief in labour
- Increased risks with attempted vaginal birth after a previous caesarean section
- Increased need for emergency caesarean section
- Increased risk of complications related to caesarean section

### After the birth of your baby:

- Increased risk of wound infection, blood clots, postnatal depression

Your healthcare professional is always available to discuss any concerns with you