



# TRACKING YOUR WEIGHT

For Women Who Begin Pregnancy at a Normal Weight

The amount of weight you gain during pregnancy is important for the health of your pregnancy and for the long-term health of you and your baby. If you were at a normal weight (body mass index of 18.5-24.9) before pregnancy, you should gain 25-35 pounds during pregnancy.

Learn steps you can take to meet your pregnancy weight gain goal.

## What Steps Can You Take to Meet Pregnancy Weight Gain Recommendations?





- **Work with your health care provider** on your weight gain goals at the beginning and regularly throughout your pregnancy.
- **Track your pregnancy weight gain at the beginning and regularly throughout pregnancy** and compare your progress to recommended ranges of healthy weight gain. Weigh yourself without shoes, wearing light weight clothing, and using the same scale ideally on the same day and time each week.
- **Eat a balanced diet** high in whole grains, vegetables, fruits, low fat dairy, and lean protein. Use the [MyPlate daily checklist](#) to see the daily food group targets that are right for you at your stage of pregnancy. Talk with your health care provider or visit [Checklist of Foods to Avoid During Pregnancy](#) for information about food safety in pregnancy.
- **Limit added sugars and solid fats** found in foods like soft drinks, desserts, fried foods, whole milk, and fatty meats.
- **Know your calorie needs.** In general, *the first trimester (or first three months) does not require any extra calories.* Typically, women who begin pregnancy at a normal weight need an additional 400 calories per day during the second trimester (second three months) and an additional 400

calories per day during the third (last) trimester.\* Additional calories can be met by adding in two healthy snacks per day, such as in the morning and afternoon. Sample healthy snack ideas are below.

- **Work up to or maintain at least 150 minutes (2½ hours) of moderate intensity aerobic activity (such as brisk walking) per week.** 150 minutes may sound overwhelming, but you can achieve your goal by breaking up your physical activity into 10 minutes at a time. Physical activity is healthy and safe for most pregnant women. Talk to your health care provider to determine if you have any physical activity restrictions.

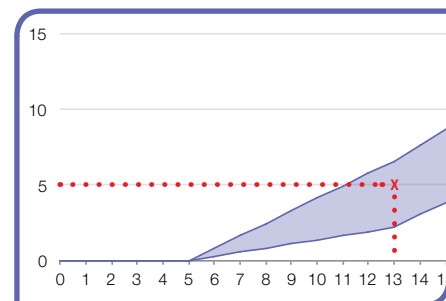


\*Calorie amounts calculated using [MyPlate daily checklist](#)

SAMPLE SNACKS		
<b>1<sup>ST</sup> TRIMESTER</b>	<i>No additional calories needed</i>	<i>No additional calories needed</i>
<b>2<sup>ND</sup> TRIMESTER</b> Additional 400 calories/day	<b>Hardboiled egg and English muffin topped with fruit (140 calories)</b> <ul style="list-style-type: none"> <li>• ½ of a 100% whole wheat English muffin</li> <li>• 1 medium strawberry, sliced</li> <li>• 1 large hardboiled egg</li> </ul> <b>Cereal and milk (263 calories)</b> <ul style="list-style-type: none"> <li>• 1¼ cup of high fiber cereal</li> <li>• 1 cup of skim milk</li> </ul> 	<b>Yogurt with fruit (131 calories)</b> <ul style="list-style-type: none"> <li>• 1 6 oz. container of plain, fat free Greek yogurt</li> <li>• ½ cup of blackberries</li> </ul> <b>Edamame, grape tomatoes, and carrots with hummus (264 calories)</b> <ul style="list-style-type: none"> <li>• ½ cup edamame</li> <li>• 1 cup grape tomatoes</li> <li>• 4 carrot sticks</li> <li>• ¼ cup hummus</li> </ul> 
<b>3<sup>RD</sup> TRIMESTER</b> Additional 400 calories/day	<b>Oatmeal and a glass of milk (226 calories)</b> <ul style="list-style-type: none"> <li>• 1 cup cooked regular oatmeal, made with water</li> <li>• 8 oz. glass of skim milk</li> </ul> <b>Crackers and string cheese (170 calories)</b> <ul style="list-style-type: none"> <li>• 5 100% whole grain crackers</li> <li>• 1 part skim string cheese stick</li> </ul> 	<b>Berry smoothie (211 calories)</b> <ul style="list-style-type: none"> <li>• 1 cup of frozen unsweetened blueberries</li> <li>• ½ cup of skim milk</li> <li>• ½ cup fat free plain yogurt</li> <li>• 1 teaspoon honey</li> </ul> <b>Apple and cottage cheese (207 calories)</b> <ul style="list-style-type: none"> <li>• 1 large apple, sliced</li> <li>• ½ cup low fat cottage cheese</li> </ul> 

## Instructions for the Weight Gain Tracker and Weight Gain Chart

- Write your weight (rounded to the nearest pound) just before you became pregnant in the space provided on the weight gain tracker.
- Based on your week of pregnancy\*, write today's date and your weight (rounded to the nearest pound) in the spaces provided on the weight gain tracker.
- Write today's weight gain in the space provided on the weight gain tracker. To determine today's weight gain, subtract your weight just before pregnancy from today's weight. Example: subtract your weight just before pregnancy (130 pounds) from today's weight (135 pounds) to determine today's weight gain (5 pounds).
- You can print the chart and graph your weight gain by hand. Graph your weight gain by placing an "x" where your week of pregnancy and your weight gain meet on the weight gain chart.
- If your weight gain is within the shaded area on the weight gain chart, you're on track. If you're outside of the shaded area, you can make small adjustments with your diet and physical activity to get back on track. You should not try to lose weight during pregnancy.
- Continue tracking and graphing your weight each week of pregnancy through week 40 or until your baby arrives.
- If you miss a week, leave blank spaces on the tracker and graph for the week you missed and continue tracking and graphing where you left off.



\* Your week of pregnancy is often determined by your last menstrual period. Starting with the first day of your last menstrual period, count the number of weeks that have passed until today's date. When you see your health care provider, he or she can confirm your week of pregnancy.

# Weight Gain Tracker for Women Who Begin Pregnancy at a Normal Weight

**Pregnancy Weight Gain Goal: 25-35 pounds**

Write Your Weight (in pounds) Just Before You Became Pregnant >			
Weeks of Pregnancy	Write Today's Date	Write Today's Weight (in pounds)	Write Today's Weight Gain <i>(subtract your weight just before pregnancy from today's weight)</i>
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## Weight Gain Chart for Women Who Begin Pregnancy at a Normal Weight

If your weight gain is within the shaded area, you're on track!

