

Pregnancy Weight Gain

Eating a healthy, balanced diet will help you and your baby to get the nutrients you both need. Every woman ponders about weight gain during pregnancy. Some women may take "eating for two" to heart by eating whatever and whenever she wants. Other women may fearfully think of the weight gain and be shocked by the numbers on the scale as they increase. Regardless of your opinion on pregnancy weight gain, it is important to know how much is right for you.

| Pre-Pregnancy BMI | Pregnancy Weight Gain |
|----------------------|-----------------------|
| <18.5 (Underweight) | 28 - 40 lbs. |
| 18.5-24.9 (Healthy) | 25 - 35 lbs. |
| 25-29.9 (Overweight) | 15 - 25 lbs. |
| >30 (Obese) | 11 - 20 lbs. |

When starting with a healthy pre-pregnancy weight, during the first trimester (1-3 months) women will likely not need any additional calories. It is best to choose nutritious foods to support baby's development. The second trimester (3-6 months) women should try to consume an increase

of 300-350 calories each day. During the third trimester (6-9 months) women should be consuming an extra 450-500 calories a day. These calories can be added through extra healthy snacks, and larger portions at meals.

Women who gain more than the recommended weight during pregnancy may give birth to larger babies, which can cause labor complications for both mom and baby. Another risk for moms with excessive weight gain is the inability to lose the excess weight before the next pregnancy. In addition, women who are overweight or obese are at greater risk for pregnancy complications including gestational diabetes, preeclampsia, labor complications, and miscarriages. By focusing on a healthy, balanced diet you will be able to receive proper nutrition for both you and your baby during your pregnancy.



In the Know

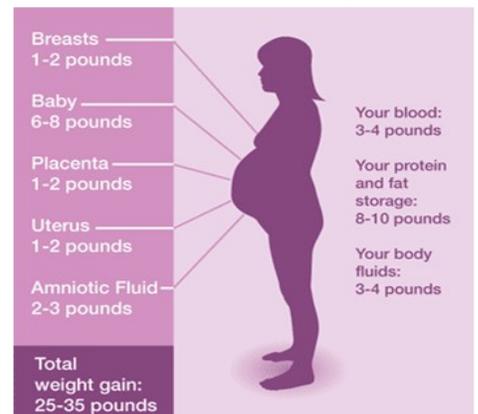
What is BMI?

BMI stands for Body Mass Index. It is a measure of body fat based on height and weight. You can find many resources online to compute your BMI. You can find a BMI calculator here: <http://www.babyourbaby.org/pregnancy/during-pregnancy/weight-gain.php>

How to Gain the Right Weight

Eat five - six small meals every day. Keep quick, easy snacks on hand like yogurt, cheese and crackers, and nuts. Choose low-fat cheeses and yogurts. Use fats in moderation when cooking. Choose water as your beverage.

Where Does the Weight Go?



Summer Eats and Summer Heat



Summer Fruits

There is nothing more delicious than fresh fruit in the summer. Include fruits with meals or snacks. Experiment with new recipes to get more fruits in your diet.

Berry Parfait

Yield: 4 servings

Time Spent: 5 minutes

2 cups plain yogurt

1 cup granola

2 cups fresh berries (raspberries, blueberries, strawberries (hulled and sliced) and/or other fruit such as bananas, peaches, or mango slices)

Place yogurt in a cup. Top with granola and plenty of fresh berries. Enjoy!



Physical Activity

Summer is the perfect time to start exercising or to exercise more. The warm weather is so inviting to outdoor activities. Check out some examples below.

Evening walk. Take advantage of the longer days and warmer weather by sneaking in a stroll after dinner.

Hiking. Utah is notorious for beautiful hikes for all levels of experience. Enjoy the fresh air, and stunning views while being outdoors.

Sign up for an event. Whether it is a 5k, charity bike ride, or intramural sport, having a goal to accomplish can help keep you motivated to keep moving this summer.



Summer Vegetables

There are so many delicious vegetables in season during the summer for you to try. Below is a recipe for a spruced up fresh corn on the cob side dish.

Corn on the Cob

Yield: 6-8 servings

Time Spent: 15 minutes

1/2 cup olive oil

2 garlic cloves, chopped

2 T parsley, chopped

1/2 cup Parmesan cheese

6 ears yellow corn

Heat oil in a pan. Sautee garlic about 1 minute. Combine oil, garlic, parsley, and cheese.

Cook corn in boiling water, about 5 minutes.

Remove corn from water and brush with cheese mixture. Enjoy!

For more ideas on recipes and physical activity check out:

<http://www.choosemyplate.gov/>