

WEIGHT GAIN DURING PREGNANCY

YOUR WEIGHT GAIN IS MADE UP OF:

Your baby.....	6-8 pounds
Uterus.....	2 pounds
Placenta.....	1-1 1/2 pounds
Amniotic fluid.....	2 pounds
Breasts.....	2 pounds
Increased Blood Volume.....	4 pounds
Retained Body Fluid.....	2 1/2 pounds
Maternal Fat Reserves.....	7 pounds
Approximate Total Weight Gain.....	25-35 pounds

You should include daily:

Meat and Meat Substitute.....	2 to 3 servings
Milk and Dairy Products.....	4 servings
Grains.....	6-11 servings
Fruit and Vegetables.....	2-4 servings

An average woman requires 2200 to 2500 calories a day.

A woman of normal weight with pregnancy should gain 25 to 35 pounds