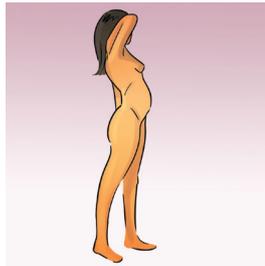


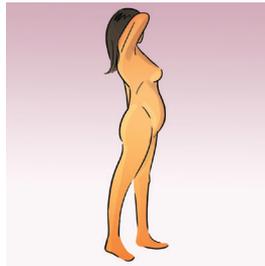
# 2 - Recommended weight gain during pregnancy.

During pregnancy, whether you have diabetes or not, your recommended weight gain depends upon your height and weight (your body mass index or BMI) before pregnancy.

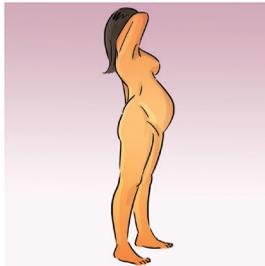
$$BMI \text{ (body mass index)} = \frac{\text{weight (in kilos)}}{\text{height (in metres)} \times \text{height (in metres)}}$$



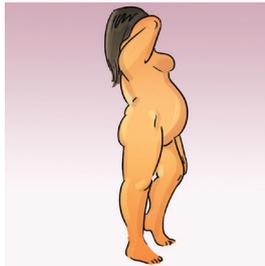
If you are underweight (BMI less than 18.5) when you become pregnant your energy requirements will be greater and you will have to put on between 12.5 and 18 kilos.



If you are normal weight (BMI between 18.5 and 25) when you become pregnant you will have to put on between 11.5 and 16 kilos.



If you are overweight (BMI more than 25) when you become pregnant, you should not put on more than 7 - 11.5 kilos.



If you are obese (BMI more than 30) when you become pregnant, your recommended weight gain is about 7 kilos (5-9 kilos).

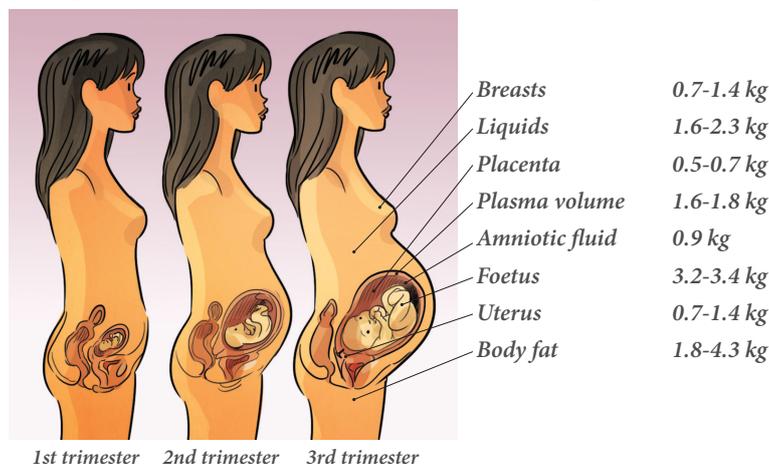


It is never advisable to lose weight during pregnancy.

## Recommended weight gain

If your BMI before pregnancy was:	you should put on:
<b>less than 18.5</b>	12.5 to 18 kg
<b>between 18.5 and 25</b>	11.5 to 16 kg
<b>between 25 and 30</b>	7 to 11.5 kg
<b>more than 30</b>	5 to 9 kg

## Rough layout of weight gain during pregnancy



You should put on weight gradually throughout your pregnancy.

During the first half of this time, most of the weight will be put on by the mother. Indeed, during the first trimester months most of this weight gain will be extra blood and an increase in the uterus.

Pregnant women experience an increase in fat mass and breast tissue during the second trimester.

During the second half of this time, most of the weight and volume gain will be by the baby and the placenta.

These indications concerning weight gain during pregnancy apply to all types of pregnancy.