

How much WEIGHT should YOU gain during pregnancy?

- Underweight (BMI less than 18.5) : should gain 28 to 40 lbs
- Healthy-weight (BMI of 18.5 to 24.9) : should gain 25 to 35 lbs
- Overweight (BMI of 25 to 30) : should gain 15 to 25 lbs
- Obese (BMI greater than 30) : should gain 11 to 20 lbs

WHY IT MATTERS

A large for gestation infant weighs 8lbs 8oz plus. Having a child that is large for gestational age increases the risks for birth trauma to the infant (shoulder dystocia), birth trauma to the mother (3rd and 4th degree lacerations) and greatly increases your odds of needing a c-section.

Studies show that obesity can become part of an intergenerational cycle. Birth weight averages can be an indicator of the weight a child will carry through preschool and even into adulthood. It is critical for a mother to understand that her healthy eating habits and lifestyle decisions during pregnancy will impact much more than a nine-month gestation period.