

# Pregnant or a New Parent?



## Weight Gain During Pregnancy

It is important to accept that you are going to gain weight during pregnancy.

Steady weight gain is a good sign, because it tells you:

- your baby is growing
- your uterus and placenta are growing
- your breasts are growing and getting ready for breastfeeding
- you're making more blood to carry food and air to your baby

### How much weight should I gain?

Average weight gain is 25-35 pounds. Talk to your health care provider about your recommended weight gain.

### Where does the weight go?

#### 4 kg (8.8 lbs) Muscle & Fat

You develop more muscle and fat to help your body during pregnancy

#### 1.1 kg (2.5 lbs) Breasts

Your breasts increase in size to prepare for feeding your baby.

#### 3.4 kg (7.5 lbs)

Average size baby at birth.

#### 0.9 kg (2 lbs) Amniotic Fluid

This is the fluid in which the baby lives in.



#### 3.5 kg (7.7 lbs) Blood and Extra Fluid

While you are pregnant your body makes more blood. This helps to bring food and oxygen to your baby.

#### 1.1 kg (2.5 lbs) Uterus

Your uterus increases in size by about 20 times to hold your growing baby.

#### 0.7 kg (1.5 lbs) Placenta

This organ is formed during pregnancy to help pass nutrients (food) from you to your baby. Waste from the baby passes to you through the placenta.

### Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Website: [manitoba.ca/healthybaby](http://manitoba.ca/healthybaby)

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.



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