

# Gaining Weight Too Fast During Pregnancy

Gaining weight during pregnancy is important for your baby to grow and be healthy. However, you may be gaining weight too fast.

Most women should gain 2-4 pounds during the first 3 months of pregnancy. After that you should gain about 1 pound per week.



Too much weight gain can increase your chances of:

- ◆ Having a cesarean delivery
- ◆ Being overweight after pregnancy

If you have already gained too much weight, don't try to lose weight now. Instead, gain weight more slowly.

## Try these ideas to help you gain weight more slowly

- Eat 5-6 *small* meals throughout the day.
- Drink fat-free or lowfat milk instead of whole milk. Switch to lowfat cheese like mozzarella, string, or farmer's cheese.
- Drink lots of water! Limit juice to 1 cup a day. Drink club soda in place of soda pop. Soda pop has a lot of sugar and is high in calories.
- Choose baked, broiled, or steamed foods instead of fried foods.
- Eat 5 or more fruits and vegetables every day.
- Choose foods high in fiber such as whole wheat bread and tortillas, bran cereals, oatmeal, dry beans and peas, and fresh fruits and vegetables.
- Cut down on sugar and fats. Use less butter, mayonnaise, salad dressings, and cream cheese.

## Healthy options to help slow your weight gain

Choose more  
Lean meat, chicken, fish  
Lemon juice, spices, salsa  
Fruit, graham crackers  
Pretzels, plain popcorn

Choose less  
Sausage, bacon, lunchmeat  
Butter, gravy, cream cheese  
Candy, cookies, pastries  
Chips, buttered popcorn

## More tips

- ✓ Eat smaller portions
- ✓ Sit down when you eat
- ✓ Eat with another person
- ✓ Eat slowly and chew food thoroughly
- ✓ Avoid reading or watching TV when you eat
- ✓ Avoid eating out of boredom or frustration



## Be Active! Take a Walk!

Being active helps you feel good, too. Talk to your doctor about the right exercise for you while you are pregnant.

## Think about breastfeeding your baby

Breastfeeding can help you lose weight after your baby is born.

## Contact your doctor if:

- You have swelling, tingling, or numbness in your hands or feet.
- You feel dizzy or lightheaded.
- You have headaches or blurred vision.

**Pregnancy is not a good time to diet or lose weight.  
WIC staff can help you with weight loss after delivery.**

For a healthy pregnancy, I will: \_\_\_\_\_