

## Weight Gain:

If you start pregnancy at a healthy weight, expect to gain 1 to 5 pounds in the first trimester and about 1 pound per week for the rest of your pregnancy. Ask your health care provider how much weight you should gain. On average, a woman with average weight before getting pregnant should gain 25 to 35 pounds after becoming pregnant. Underweight women should gain 28 to 40 pounds. Overweight women may need to gain only 15 to 25 pounds during pregnancy. Keep in mind that eating for two does not mean eating twice as much as you normally do.

## Calorie Needs:

Know your calorie needs. In general, the first trimester does not require any extra calories. Typically, women need about 340 additional calories per day during the second trimester (second three months) and about 450 additional calories per day during the third (last) trimester.

## Morning Sickness:

In the first trimester hormone changes can cause nausea and vomiting. This is called "morning sickness," although it can occur at any time of day. Morning sickness usually tapers off by the second trimester. What might help:

- Eat several small meals instead of three large meals to keep your stomach from being empty.
- Don't lie down after meals.
- Eat dry toast, saltines, or dry cereals before getting out of bed in the morning.
- Eat bland foods that are low in fat and easy to digest, such as cereal, rice, and bananas.
- Sip on water, weak tea, or clear soft drinks. Or eat ice chips.
- Avoid smells that upset your stomach.

Call your doctor if you have flu-like symptoms, which may signal a more serious condition.

**Physical Activity:** Exercise during pregnancy and after delivery, can help the mother with improved cardiovascular fitness. Postpartum benefits of exercise also include mood improvement and weight management. Some evidence also points toward shortened labor and reduced risk for certain complications.

Healthy pregnant women should get at least 2 hours and 30 minutes of moderate-intensity aerobic activity a week. It's best to spread your workouts throughout the week. If you regularly engage in vigorous-intensity aerobic activity or high amounts of activity, you can keep up your activity level as long as your health doesn't change. Talk with your doctor about your activity level throughout your pregnancy.

Always talk with your health-care provider before starting or continuing any exercise routine.



*Eat a balanced diet high in whole grains, vegetables, fruits, low fat dairy, and lean protein. Use the MyPlate daily checklist to see the daily food group targets that are right for you at your stage of pregnancy. Most foods are safe to eat during pregnancy, but you will need to use caution with or avoid certain foods. Talk with your health care provider for more information about food safety in pregnancy.*

*Limit added sugars and solid fats found in foods like soft drinks, desserts, fried foods, whole milk, and fatty meats.*

**For more information:**  
[Eatright.org](http://Eatright.org)  
[Choosemyplate.gov](http://Choosemyplate.gov)  
WIC  
[USDA.gov](http://USDA.gov)

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