

## It is worth the Weight!

As your pregnancy draws to a close, it's good to remind yourself where your extra weight is going. The typical breakdown of pregnancy weight gain is, on average, as follows:

Baby	6 to 8 pounds at birth
Breast growth	2 pounds
Placenta	1 ½ pounds
Blood and body fluids increase	8 pounds
Amniotic fluid	2 pounds
Uterus	2 pounds
Maternal fat stores	7 pounds
<b>Total Weight Gain</b>	<b>24.5 to 35.5 pounds</b>

## The latest guidelines on pregnancy based on pre-pregnancy weight

<b>Pre-pregnancy weight</b>	<b>Recommended weight gain</b>
Underweight (BMI less than 18.5)	28 to 40 pounds
Normal Weight (BMI 18.5 to 24.9)	25 to 35 pounds
Overweight (BMI 25 to 29.9)	15 to 25 pounds
Obese (BMI 30 or greater)	11 to 20 pounds

