

NUTRITION IN PREGNANCY

Myth: Eat up, you're eating for two.

Fact: A pregnant woman may be eating for two, but one of them only weighs a few pounds. Your body only needs about 300 **extra calories** when you are pregnant, which is about the amount in one (8oz) cooked chicken breast, without the skin.

WEIGHT GAIN RECOMMENDATIONS FOR PREGNANT WOMEN:

If before pregnancy, you were...	You should gain...
Underweight BMI less than 18.5	28-40 pounds
Normal Weight BMI 18.5-24.9	25-35 pounds
Overweight BMI 25.0-29.9	15-25 pounds
Obese BMI greater than or equal to 30.0	11- 20 pounds



WASHINGTON HEALTH SYSTEM
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