



Where does all the extra weight go?

Here is an approximate breakdown of your weight gain:

- * Baby = 7 pounds
- * Placenta = 1-2 pounds
- * Amniotic fluid = 2 pounds
- * Uterine enlargement = 2 pounds
- * Maternal breast tissue = 2 pounds
- * Maternal blood flow = 2 pounds
- * Fluids in maternal tissue = 4 pounds
- * Maternal fat stores = 7 pounds

How much total weight should I gain?

This depends on the women, but all women should gain at least twenty-five pounds.

Some general guidelines are as follows

- * 25-35 pounds: If you were a healthy weight before pregnancy.
- * 28-40 pounds: If you were underweight before pregnancy.
- * 15-25 pounds: If you were overweight before pregnancy.