



# PREGNANCY WEIGHT GAIN

Gaining weight during your pregnancy is important for you and your baby.

How much weight you gain during pregnancy is based on your **Body Mass Index (BMI)** before you fall pregnant.

**BMI** is a number that looks at how much you weigh and how tall you are.

1. Find your **BMI** using your weight before you were pregnant.

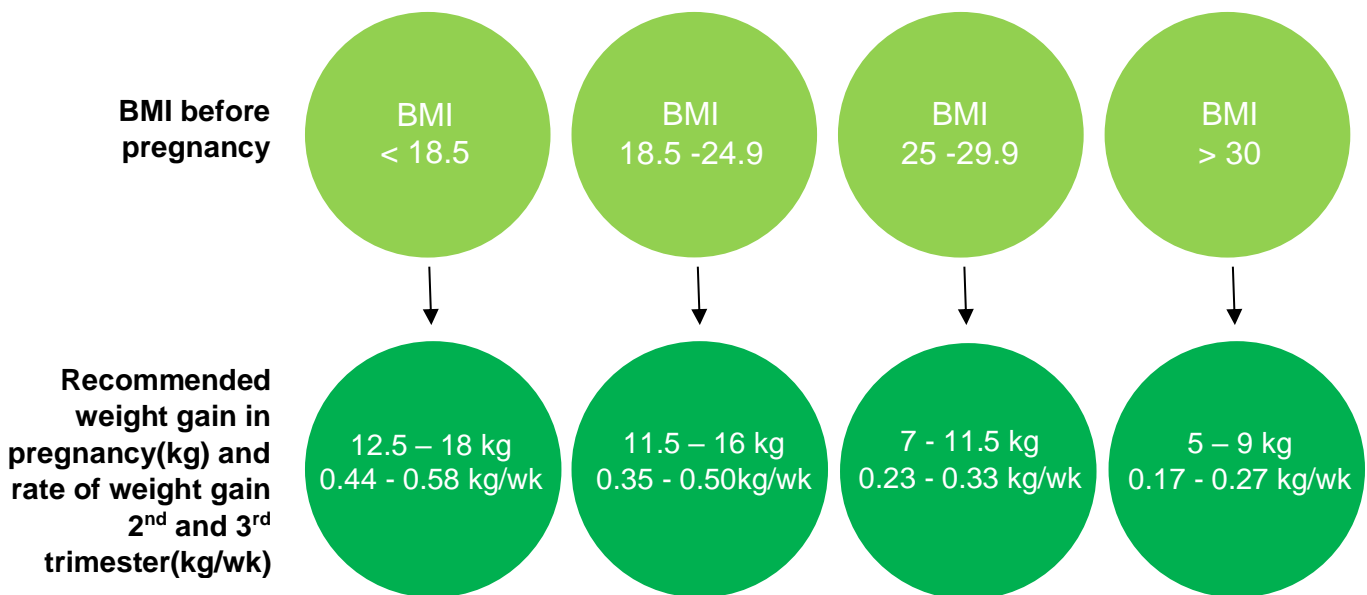


$$\text{BMI} = \frac{\text{Your weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

E.g., you weigh 68kg and are 1.65m tall

$$\text{Your BMI} = \frac{68\text{kg}}{(1.65\text{m} \times 1.65\text{m})} = 25\text{kg/m}^2$$

2. With your BMI you can see the amount of weight gain that is recommended in Trimester 2 and Trimester 3.\*



Eating well and moving your body every day is important for you and your baby.

When you move your body more, you may need more energy(food).

# WHAT TO PUT ON YOUR PLATE?

## ¼ PLATE PROTEIN

- Meat (beef/fish/chicken)
- Eggs
- Reduced fat Cheese, paneer
- Legumes (peas, beans, lentils and chickpeas)
- Tofu, soybeans



## ¼ PLATE CARBOHYDRATE

- Brown rice
- Noodles
- Vietnamese rice roll
- Grainy breads
- Flatbread – Paratha, Roti, Papadum, Lebanese
- Potato, Corn, Sweet potato

## ½ PLATE VEGETABLES

- All salad vegetables
- All cooked vegetables (except potato, corn and sweet potato)

