



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.

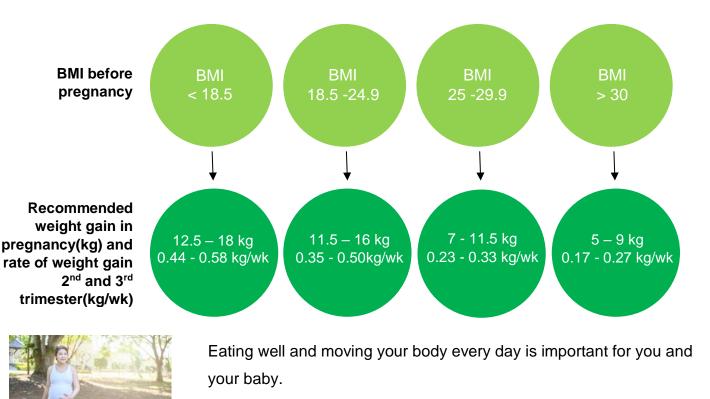
1. Find your **BMI** using your weight before you were pregnant.

BMI = <u>Your weight (kg)</u> Height (m) x Height (m)

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

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

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



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

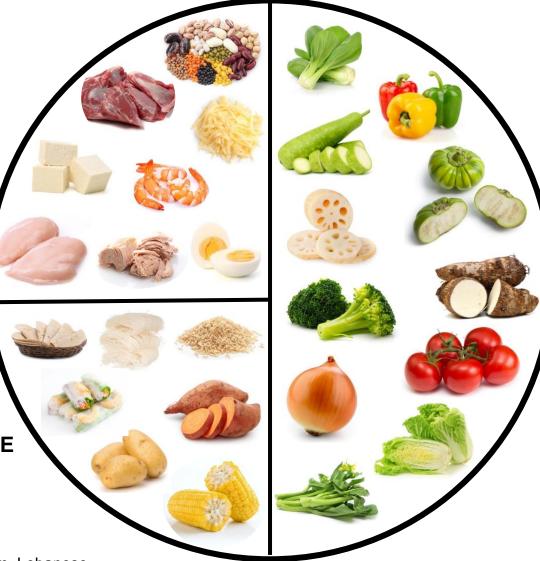
https://www.health.gov.au/resources/pregnancy-care-guidelines/part-d-clinical-assessments/weight-and-body-mass-indes

This resource was completed by Hannah McCormick and Tsz Ting Yip as part requirement for the degree of Bachelor of Nutrition and Dietetics, University of Newcastle, under the supervision of L/Prof Clare Collins and Dr Vanessa Shrewsbury

WHAT TO PUT ON YOUR PLATE?

1/4 PLATE PROTEIN

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



1/2 PLATE VEGETABLES

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



1/4 PLATE CARBOHYDRATE

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

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