

c. Gaining Weight Gradually

MODULE 5

When you gain weight during pregnancy is just as important as **how much** weight you gain.



Most women do not gain much weight during the first three months of pregnancy. A total of 0.5 to 2 kg or 1 to 5 pounds is normal. Although still very small, the baby is developing very rapidly. Healthy eating is important throughout your pregnancy.

For the rest of your pregnancy, the baby continues to grow bigger and stronger. You should expect to gain about 0.5 kg or 1 pound per week.



Gradual weight gain is a sign of a normal and healthy pregnancy. If you gain much more or much less than 0.5 kg or 1 pound a week in your second and third trimesters, talk it over with your health care provider.