

# Every pound has a purpose

*pregnancy weight gain explained*

A breakdown of healthy weight gain during pregnancy

- Breasts  
1-3 lbs
- Placenta  
1-2 lbs
- Uterus  
2 lbs
- Baby  
6-8 lbs
- Amniotic fluid  
2-3 lbs
- Increased blood volume  
3-4 lbs
- Increased body fluids  
2-3 lbs
- Fat stores  
(energy reserves for you and baby)  
8-10 lbs
- Total weight gain  
25-35 lbs



Healthy weight gain looks different for everyone

Underweight  
28-40 lbs

Normal weight  
25-35 lbs

Overweight  
15-25 lbs

Higher BMI  
11-20 lbs

Carrying twins  
35-45 lbs

Every pregnancy is unique. Your provider will guide you based on your body, your baby, and your overall health.

