

THE TALK

Pregnancy Weight Gain

Gaining weight just comes with the pregnancy territory, but when it comes to shedding the baby fat, it's not as easy for the mother to lose. To all the ladies out there, you are not alone! Celebrity Kendra Wilkinson has been very outspoken about her baby-weight gain issues, so has Jessica Simpson as well as Jessica Alba. Here is some advice from Dr. Essam Sakr, Consultant and Head of Obstetrics & Gynecology at Royale Hayat Hospital on how to have a healthy pregnancy.



Royale Hayat Expert Advice:

Pregnancy weight gain is expected but gaining the right amount of weight would be by eating a healthy, balanced diet as your baby's growth and development depends on it. Forget about "eating for two", that impression is wrong and needs to be dispelled. It doesn't mean eating twice as much as you usually do. In fact, you need only about 300 extra calories a day when you're pregnant, fewer during your first trimester.

It's true that you need extra calories from nutrient-rich foods to help your baby grow but you should discuss with your doctor about the nutritional needs as well as to set up an exercise program that's right for you. You should also consider asking for a referral to a dietitian to control what you eat during your pregnancy in order to maintain a healthy pregnancy, gaining too much weight during pregnancy can increase your baby's risk of health problems at birth and childhood obesity. Generally speaking it's recommended that most women gain between 13-15 kilograms in pregnancy. It should be a bit more if you were underweight to begin with and a little bit less if you were overweight when you got pregnant. You may need to gain more or less weight, depending on what your doctor recommends. If you are expecting multiples, you will need to gain more weight, and the weight gain in the first 24 weeks of pregnancy is crucial for healthier babies.

How much weight should a pregnant woman gain?

It is recommended that women should aim for a weight gain related to their pre-pregnancy BMI:

- If BMI was above 26, you should aim for a weight gain of between 7 and 11.5kg.
- If BMI was between 20 and 26, you should aim for a weight gain of 11.5 to 16kg.
- If BMI was less than 20, you should aim for a weight gain of 12.5 to 18kg.

Pregnancy Weight Distribution

- 3.4kg is about how much the baby will weigh by the end of pregnancy
- 700 grams is how much the placenta weighs
- 2 kg is attributed to increased fluid volume
- 1 kg is the weight of the uterus
- 1 kg is the weight of breast tissue
- 2 kg is because of increased blood volume
- 3 kg is attributed to maternal stores of nutrients and muscle development
- 1 kg for the amniotic fluid

On a Trimester Basis

- First trimester: 500 grams per month
- Second trimester: 250 grams per week
- Third trimester: 500 grams per week

Use healthy lifestyle habits to control your pregnancy weight gain, support your baby's health and make it easier to shed the extra kilograms after delivery. For more advice, join us on Facebook: RoyaleHayat, follow us on twitter: @royalehayat and watch us on Youtube: royalehayathospital