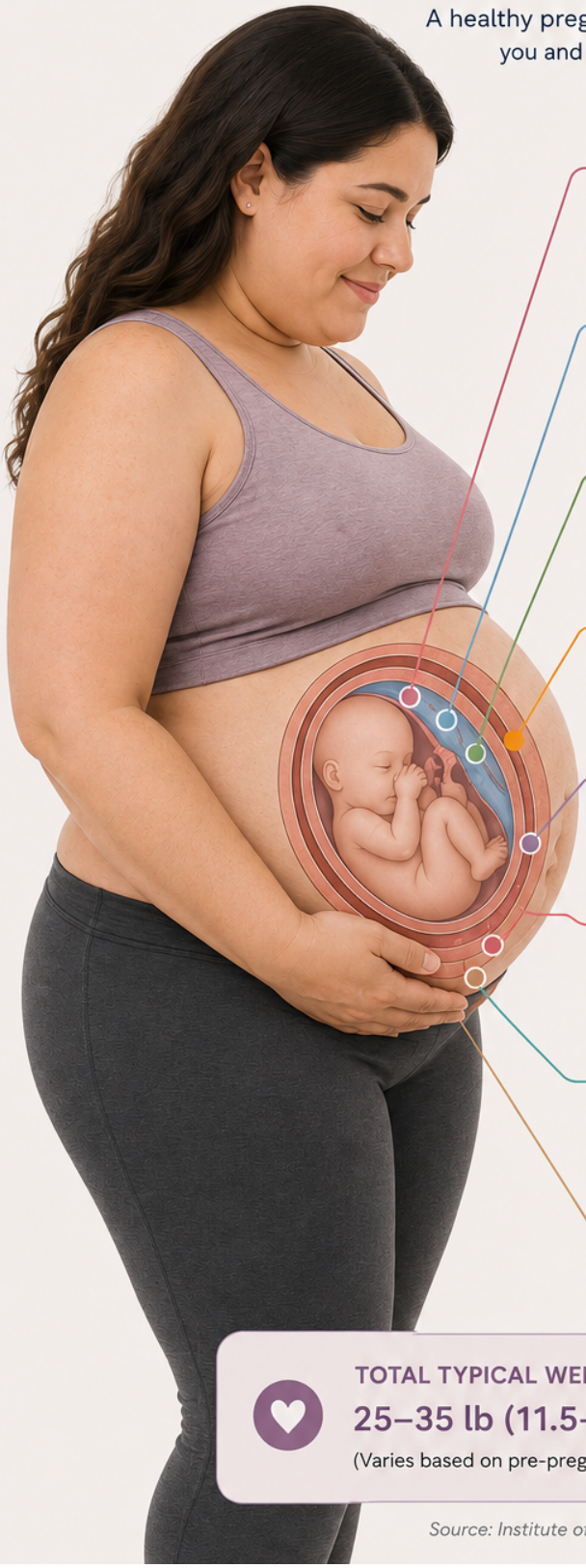
WHERE DOES
Pregnancy Weight Gain
Come From? ♡

A healthy pregnancy weight gain supports you and your growing baby.



BABY
~7.5–8.5 lb (3.4–3.9 kg)
Your baby accounts for about 7–8 pounds.

AMNIOTIC FLUID
~2 lb (0.9 kg)
The fluid that surrounds and cushions your baby.

PLACENTA
~1.5–2 lb (0.7–0.9 kg)
Provides oxygen and nutrients to your baby.

INCREASED UTERUS
~2 lb (0.9 kg)
Your uterus grows from about 2 oz to over 2 lb.

INCREASED FAT STORES
~6–8 lb (2.7–3.6 kg)
Energy stores to support your baby and prepare for breastfeeding.

INCREASED BLOOD VOLUME
~3–4 lb (1.4–1.8 kg)
Supports your growing baby and helps prepare for delivery.

BREAST TISSUE
~1–2 lb (0.5–0.9 kg)
Glandular tissue increases in preparation for milk production.

EXTRA FLUID
~2–3 lb (0.9–1.4 kg)
Includes increased fluid in your body tissues.

TOTAL TYPICAL WEIGHT GAIN
25–35 lb (11.5–16 kg)
(Varies based on pre-pregnancy BMI)

Every pregnancy is unique. Work with your healthcare provider to determine the right range for you.

Source: Institute of Medicine (IOM)