

# Weight Gain During Pregnancy

If you have normal weight at the start of your pregnancy, you can expect to gain a total of 25-35 pounds.

## Where is the weight going?



Breasts: 1-3 pounds

Baby: 7-8 pounds

Placenta: 1-2 pounds

Uterus: 1-2 pounds

Amniotic fluid (fluid around the baby in the womb):  
2-3 pounds

Your blood:  
3-4 pounds

Your protein and fat  
storage: 6-8 pounds

Your body fluids, such as water,  
urine (pee): 3-4 pounds

If you are **underweight**, you can expect to gain a total of **28-40 pounds**.

If you are **overweight**, you can expect to gain a total of **15-25 pounds**.

If you are **obese**, you can expect to gain a total of **11-20 pounds**.