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?**

- **Baby:** 7-8 pounds
- **Placenta:** 1-2 pounds
- **Uterus:** 1-2 pounds
- **Amniotic fluid (fluid around the baby in the womb):** 2-3 pounds
- **Breasts:** 1-3 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.