Pregnancy weight gain chart for twin and triplet pregnancies for BMI less than 25kg/m²

(Affix patient identification label here)

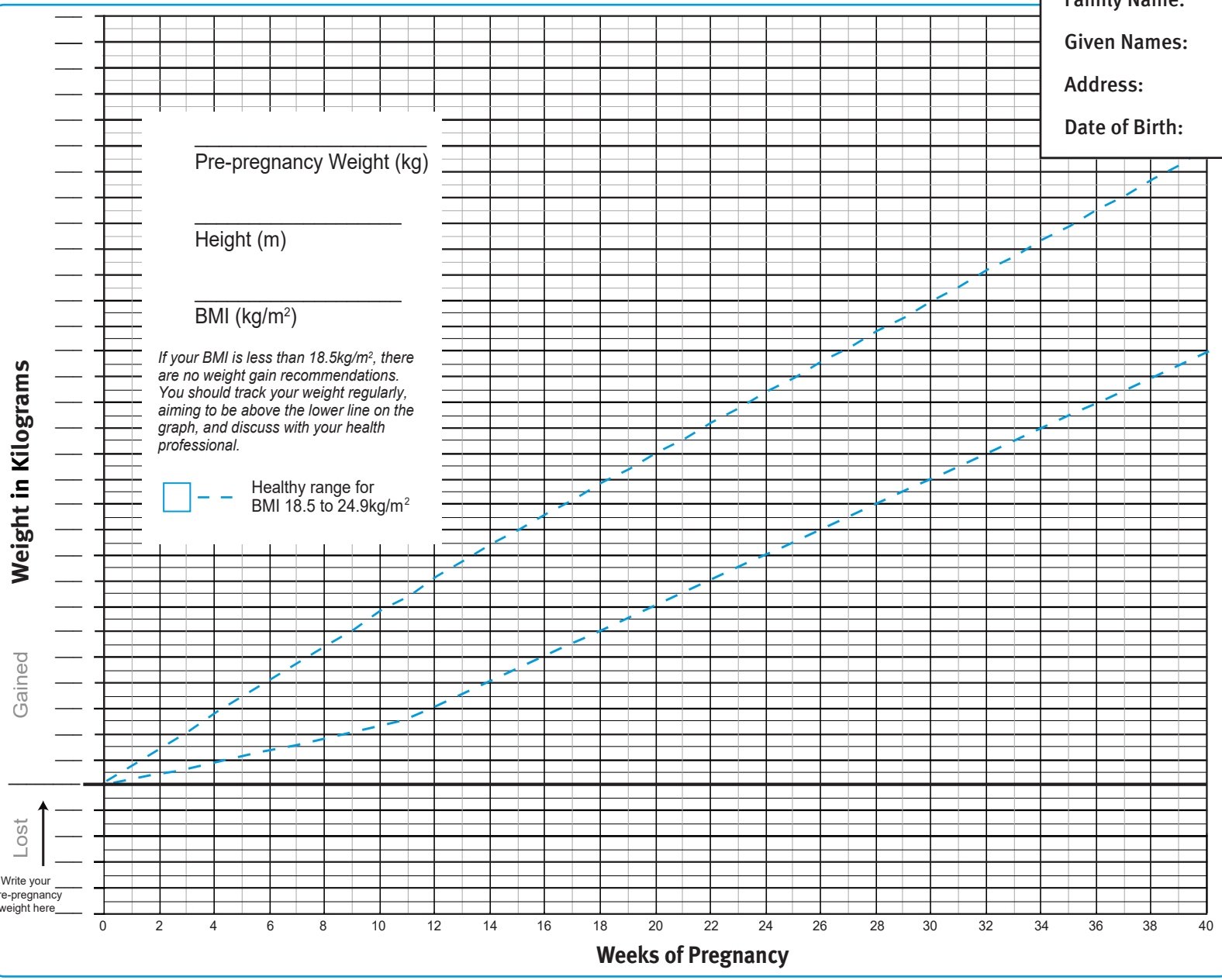
URN:

Family Name:

Given Names:

Address:

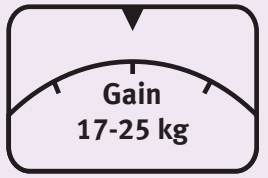
Date of Birth: Sex: ☐ M ☐ F ☐ I



Congratulations on your pregnancy!

Healthy pregnancy weight gain is important for your health and the health of your babies as you can see on the other side of this page. Almost all women can gain a healthy amount by eating well, being active and monitoring their weight. Bring this pregnancy weight gain chart to your antenatal appointments and ask your maternity health care provider to plot your weight and discuss your progress towards your weight gain goals for this pregnancy.

The amount of weight you should gain depends on your weight (and body mass index – BMI) before you became pregnant.



How to use this tracker:

1. Write down height and weight before pregnancy in the two spaces provided.
2. Calculate your pre-pregnancy BMI using the following equation: $\frac{\text{weight (in kg)}}{\text{height x height (in meters)}}$

   Alternatively, you can do so using this online calculator:

   http://www.gethealthyqld.com.au/healthier-you/tools-and-calculators/bmi-calculator/
3. Starting from pre-pregnancy weight, add 1kg to each space along the left hand line on the graph.
4. Weigh yourself each appointment and every week or two between appointments and place a mark on the line where your weight and weeks gestation cross.
5. Connect the dots to track your weight gain throughout pregnancy. You should aim to be between the two lines during your pregnancy.

Acknowledgement to Royal Brisbane and Women's Hospital Nutrition and Dietetics Department, adapted from Institute of Medicine weight gain recommendations for pregnancy.

Version 4 | Effective Dec 2017 | Review Nov 2021

Queensland Government

Clinical Multimedia Dec '20 0256_mg

Why your weight is important?

Women who are underweight or do not gain enough weight have a risk of preterm birth and babies small for gestational age. These can both affect the baby's health for the rest of their lives.

Women who are overweight or gain too much weight during pregnancy have a higher risk of:

- high blood pressure gestational diabetes
- large babies (macrosomia)
- difficulty losing weight after their babies are born, which may increase your long-term risk of diabetes, heart disease and some cancers
- babies who are overweight in childhood and as an adult.

What should I do if I am not gaining enough weight?

Sometimes women who have morning sickness early in pregnancy find it difficult to gain enough weight. Sometimes they even lose a small amount of weight. If this happens to you, you do not need to be concerned as long as you start to gain weight in the second trimester of your pregnancy. It is important to have three meals a day, and also have between-meal snacks, such as morning tea, afternoon tea and supper.

Good snacks include:

- fruit toast
- dried fruit, nuts, and seeds
- yoghurt
- muesli bars
- cheese & crackers
- milk drinks.

If you are unable to eat well due to nausea or vomiting and are losing weight or you are not gaining enough weight ask your midwife for a referral to see an Accredited Practicing Dietitian.

What should I do if I am gaining weight too quickly?

To control your weight gain, limit foods that are high in fat and sugar. Make sure you are not *'eating for two'* and eating plenty of vegetables with at least two of your meals. Try snacking on fruit or reduced fat yoghurt.

Limit the amount of fat you eat by:

- limiting biscuits, cakes, chips, and crisps
- reducing the amount of fat (such as oil, cream and sour cream) in cooking
- choosing low fat dairy products (e.g. milk, yoghurt)
- trimming fat from meat before cooking, removing skin from chicken
- using healthy cooking methods like grilling, steaming, baking
- limiting high fat takeaway foods.

Limit high sugar foods by:

- drinking water, not soft drink or cordial
- using 'diet' or low joule products
- limiting fruit juices to one glass per day as these are high in sugar (even 100% juice)
- limiting chocolates, lollies, sweets and desserts.

Listen to your hunger cues and only have a snack if you are actually hungry. Watch your serve sizes, especially of foods like rice, pasta, potato and meat.

Being active during pregnancy

To get the most health benefits, a good goal is at least half an hour of physical activity each day. You do not have to do it all at once. Your activity can be spread over the day, in ten or fifteen-minute blocks. Making small changes to reduce sitting time and increase your activity in small bursts is also beneficial. For example, parking the car two blocks from work or taking the stairs instead of a lift. Discuss with your midwife or doctor if you have concerns about physical activity.

If you would like more support for a healthy weight gain in pregnancy ask your midwife for a referral to an Accredited Practicing Dietitian.
For more information about eating well in pregnancy or to manage you pregnancy weight gain please see the following resources.

Healthy weight gain and healthy eating during pregnancy:
https://www.health.qld.gov.au/__data/assets/pdf_file/0028/154792/antenatal-heatwtgain.pdf

Partnering with Consumers – National Standard 2. (2.4.1) .
Consumers and/or carers provided feedback on this publication.
CPN 2014/860