



HEALTHY WEIGHT GAIN DURING PREGNANCY



Putting on weight during pregnancy with healthy foods makes taking it off a lot easier.

- Healthy weight gain is an important part of pregnancy and gives your baby the healthiest start possible. And it gives you the kick-start to return to your pre-pregnancy weight.
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- The amount of weight you should gain in pregnancy depends on your weight before you get pregnant.
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 - Women overweight before getting pregnant need to gain less weight during pregnancy.
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 - A healthy diet and an exercise program approved by your health care provider may help you stick to the recommended weight gain.
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 - Never try to lose weight while pregnant.
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 - Talk to your health care provider about the weight gain range that is best for you.



— be smart. be healthy. —

right FROM THE **start**

For more tips on your health:

This material does not replace the advice of your health care provider.
Ask him/her for more information on this topic.

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