

Weight gain and body shape changes can be very daunting during pregnancy especially for women who have an eating disorder or eating disorder history. However, it can be helpful to understand how the weight is attributed to the baby and how it is distributed. Being able to connect that weight gain specifically to the baby or pregnancy components can help the woman reframe the weight gain positively.

### **Weight Gain Distribution Per Pregnancy Component**

- 7 1/2 pounds (average baby weight by end of pregnancy)
- 1 1/2 pounds (placenta)
- 4 pounds due to increased fluid volume.
- 2 pounds due to weight of the uterus.
- 2 pounds due to weight of breast tissue.
- 4 pounds because of increased blood volume.
- 7 pounds due to increased maternal stores of fat, protein and other nutrients.
- 2 pounds for the amniotic fluid.
- Total: 30 pounds

### **Weight gain per trimester for a woman with a ‘normal’ pre-pregnancy weight (based on BMI):**

- First trimester: 1-4.5 pounds
- Second trimester: 1-2 pounds per week
- Third trimester: 1-2 pounds per week

\*Please note that everyone is different and weight gain happens at different times and differently for different bodies!

Source: [americanpregnancy.org](http://americanpregnancy.org)