



Guidance for Healthy Weight Gain in Pregnancy

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Summary

Optimal weight gain during pregnancy is associated with improved outcomes for both the mother and the baby regardless of the mother's existing weight.

An estimated one third of women of normal weight and 60 percent of obese women gain more than recommended during pregnancy.

The Guidance updates and replaces earlier weight gain advice in the Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women (Ministry of Health 2006) to align with the Institute of Medicine's (IOM) 2009 updated guidelines.

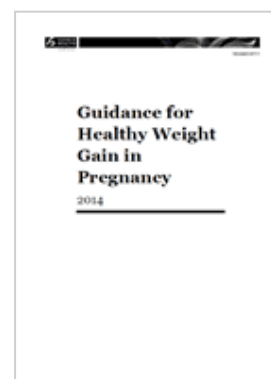
The Guidance is a health practitioner resource that includes practice points for pre-pregnancy, during pregnancy and postpartum. It is accompanied by resources for health practitioners (under Downloads), and [information for women](http://your-health/healthy-living/food-and-physical-activity/healthy-eating/healthy-weight-gain-during-pregnancy) ([/your-health/healthy-living/food-and-physical-activity/healthy-eating/healthy-weight-gain-during-pregnancy](http://your-health/healthy-living/food-and-physical-activity/healthy-eating/healthy-weight-gain-during-pregnancy)).

The Guidance recommends that all women should have their height and weight measured at their booking visit, along with a discussion about the importance of gaining the right amount of weight during pregnancy through appropriate eating and activity advice, and how weight gain could be monitored.

Downloads

› **Guidance for Healthy Weight Gain in Pregnancy** (docx, 1.3 MB)

(<http://www.health.govt.nz/system/files/documents/publications/guidance-for-healthy-weight-gain-in-pregnancy-jun14-v2.docx>)



➤ **Guidance for Healthy Weight Gain in Pregnancy** (pdf, 387 KB)

(<http://www.health.govt.nz/system/files/documents/publications/guidance-for-healthy-weight-gain-in-pregnancy-jun14-v2.pdf>)

➤ **Poster** (pdf, 448 KB) (<http://www.health.govt.nz/system/files/documents/publications/healthy-weight-gain-in-pregnancy-poster-aug14.pdf>)

➤ **Record card** (pdf, 279 KB) (<http://www.health.govt.nz/system/files/documents/publications/healthy-weight-gain-in-pregnancy-record-card-jun14.pdf>)

➤ **LMC Quick Reference Guide** (pdf, 357 KB)

(<http://www.health.govt.nz/system/files/documents/publications/healthy-weight-gain-in-pregnancy-record-lmc-quick-reference-guide-jun14.pdf>)

Publishing information

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