If you gain too much or too little weight, there are more health risks for you & your baby. So plan to gain weight **slowly**:

- 1 to 4 pounds **total** during the first 3 months
- 2 to 4 pounds **each month** for months 4 - 9

To help you gain weight slowly, focus on these 5 goals:

1. **Eat a healthy diet.**
   Choose fruits and vegetables, eat foods that are high in fiber, include protein in most meals, and avoid fast foods.

2. **Drink mainly water.**
   Your body is healthier without the sugar and artificial sweeteners that are in many other drinks.

3. **Be physically active most days.**
   Get at least 30 minutes per day of moderate-intensity activity, like fast walking.

4. **Get plenty of sleep.**
   Your body needs at least 8 hours of sleep each night.

5. **Know who you can ask for help.**
   Ask your nurse, midwife, doctor, partner, friends, or family for help when you need it.

**Talk with your nurse, midwife, or doctor about setting goals for healthy weight gain.**