

## ESSENTIAL TIPS

For First

# Trimester Weight Gain



Consult your healthcare provider for the appropriate calorie intake during the first trimester.

Maintain a record and share it with your doctor to ensure steady weight gain.



Engage in 150 minutes of physical activity per week with approval from your doctor.

Incorporate moderate amounts of high-fiber, high-protein foods for healthy weight gain.



Consume 8 to 12 cups of water daily and choose healthy beverages.

Reduce the consumption of high-calorie processed foods.

