HOW TO
Manage Weight
HEALTHILY
In Pregnancy

Know your weight needs based on your pre-pregnancy BMI.

BMI

Understand your calorie requirements and increase intake in the second and third trimesters.

Avoid weight loss regimes such as intermittent fasting during pregnancy.

Eat frequent but small meals to manage portion size and prevent nausea.

Eat fresh and healthy foods and avoid artificial sweeteners and junk foods.

PROTEIN

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Don't eat for two but focus on getting the right nutrients such as protein, folic acid, vitamin B12, and calcium.

Exercise with the guidance of a doctor and avoid those that cause discomfort.

Bring your own lunch to work to control portion sizes and avoid unhealthy options.

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