



What if your weight X is ABOVE the shading?

You may be gaining weight too quickly.

Gaining too much weight when you are pregnant can increase your blood pressure. To control your weight gain, limit foods that are high in fat and sugar. These include foods such as take away meals, chips, biscuits, chocolate, lollies, cakes, sweet biscuits, desserts, soft drinks and cordials.

Make sure you are not 'eating for two'. See the CABOOLTURE mums & little ones website for more information on the recommended food serves.

Make sure you are doing some regular exercise or physical activity in your day.

What if your weight X is BELOW the shading?

You may not be gaining enough weight.

Make sure you are eating three meals a day, then add a regular between-meal snack, such as morning tea, afternoon tea and supper.

Try high-energy healthy foods, such as nuts, dried fruit, cheese or an extra glass of milk or fruit smoothie.

**Speak to your midwife or doctor if your weight gain is too fast or too slow.
You may be able to see a dietician. There is no extra cost for this.**

