

I'm six months pregnant and have gained 10kg. Is this acceptable? What's the ideal weight gain per month? Any tips on how to gain weight gradually?



The amount of weight gain in pregnancy varies between women and also between pregnancies in the same woman. An appropriate weight gain is 12-16 kg over the entire pregnancy, so your weight gain is a little fast. However, the amount of weight you are advised to gain also depends on your pre-pregnancy weight. Women who have a low body-mass index before pregnancy should gain more weight in pregnancy in order to optimise nutrition and growth for the foetus. Women who are already overweight before pregnancy are cautioned against gaining too much weight in pregnancy as this contributes to increased pregnancy complications such as gestational diabetes and big babies with difficult labour.

Weight gain should be gradual and can be achieved by maintaining a balanced diet with occasional, and not frequent indulgences of sweets, chocolates and desserts. Carbohydrate intake should also not be excessive and there is no need to eat-for-two.

