



Pregnancy Weight Gain

Where does the extra weight come from?



Your breasts weigh an extra 400g.



The amniotic fluid, which supports and cushions your baby, weighs 800g.



Your blood volume increases and weighs an extra 1.2kg.



At birth, a baby weighs about 3.3kg.

The placenta, which keeps your baby nourished, weighs 700g.



The muscle layer of your uterus (womb) grows dramatically and weighs an extra 900g.



You have extra fluid in your body weighing about 1.2 kg.



You'll store fat, about 4kg, to give you energy for breastfeeding.



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