TRACKING YOUR WEIGHT

For Women Who Begin a Twin Pregnancy Underweight

The amount of weight you gain during pregnancy is important for the health of your pregnancy and for the long-term health of you and your babies. If you were underweight (body mass index below 18.5) before pregnancy, you should gain 50-62 pounds during pregnancy. Learn steps you can take to meet your pregnancy weight gain goal.

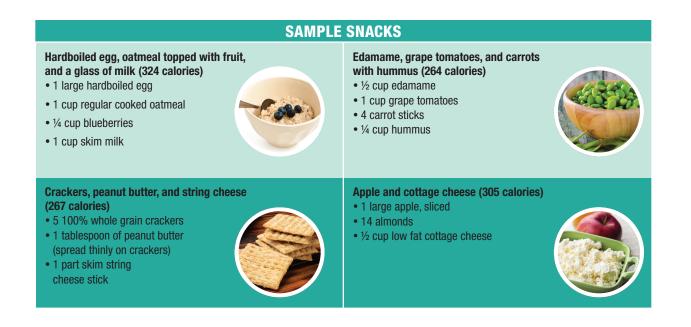## What Steps Can You Take to Meet Pregnancy Weight Gain Recommendations?

- **Work with your health care provider** on your weight gain goals at the beginning and regularly throughout your pregnancy.

- **Track your pregnancy weight gain at the beginning and regularly throughout pregnancy** and compare your progress to recommended ranges of healthy weight gain. Weigh yourself without shoes, wearing light weight clothing, and using the same scale ideally on the same day and time each week.

- **Eat a balanced diet** high in whole grains, vegetables, fruits, low fat dairy, and lean protein. Talk with your health care provider or visit Checklist of Foods to Avoid During Pregnancy for information about food safety in pregnancy.

- **Limit added sugars and solid fats** found in foods like soft drinks, desserts, fried foods, whole milk, and fatty meats.

- **Know your calorie needs.** Women pregnant with twins have higher calorie needs than women carrying one baby. Talk to your provider about the appropriate amount of daily calories you should have. Choose foods that are rich in vitamins and minerals, high in protein, and have a low glycemic index (foods that don't raise your blood sugar too fast). Sample healthy snack ideas are below.

- **Work up to or maintain at least 150 minutes (2½ hours) of moderate intensity aerobic activity (such as brisk walking) per week.** 150 minutes may sound overwhelming, but you can achieve your goal by breaking up your physical activity into 10 minutes at a time. Physical activity is healthy and safe for most pregnant women. Talk to your health care provider to determine if you have any physical activity restrictions.
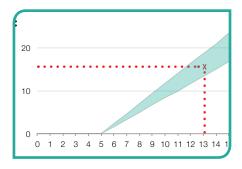
SAMPLE SNACKS

Hardboiled egg, oatmeal topped with fruit, and a glass of milk (324 calories)
- 1 large hardboiled egg
- 1 cup regular cooked oatmeal
- ¼ cup blueberries
- 1 cup skim milk

Edamame, grape tomatoes, and carrots with hummus (264 calories)
- ½ cup edamame
- 1 cup grape tomatoes
- 4 carrot sticks
- ¼ cup hummus

Crackers, peanut butter, and string cheese (267 calories)
- 5 100% whole grain crackers
- 1 tablespoon of peanut butter (spread thinly on crackers)
- 1 part skim string cheese stick

Apple and cottage cheese (305 calories)
- 1 large apple, sliced
- 14 almonds
- ½ cup low fat cottage cheese

Instructions for the Weight Gain Tracker and Weight Gain Chart

- Write your weight (rounded to the nearest pound) just before you became pregnant in the space provided on the weight gain tracker.

- Based on your week of pregnancy[*], write today's date and your weight (rounded to the nearest pound) in the spaces provided on the weight gain tracker.

- Write today's weight gain in the space provided on the weight gain tracker. To determine today's weight gain, subtract your weight just before pregnancy from today's weight. Example: subtract your weight just before pregnancy (100 pounds) from today's weight (105 pounds) to determine today's weight gain (5 pounds).

- You can print the chart and graph your weight gain by hand. Graph your weight gain by placing an "x" where your week of pregnancy and your weight gain meet on the weight gain chart.

- If your weight gain is within the shaded area on the weight gain chart, you're on track. If you're outside of the shaded area, you can make small adjustments with your diet and physical activity to get back on track. You should not try to lose weight during pregnancy.

- Continue tracking and graphing your weight each week of pregnancy through week 40 or until your babies arrive.

- If you miss a week, leave blank spaces on the tracker and graph for the week you missed and continue tracking and graphing where you left off.
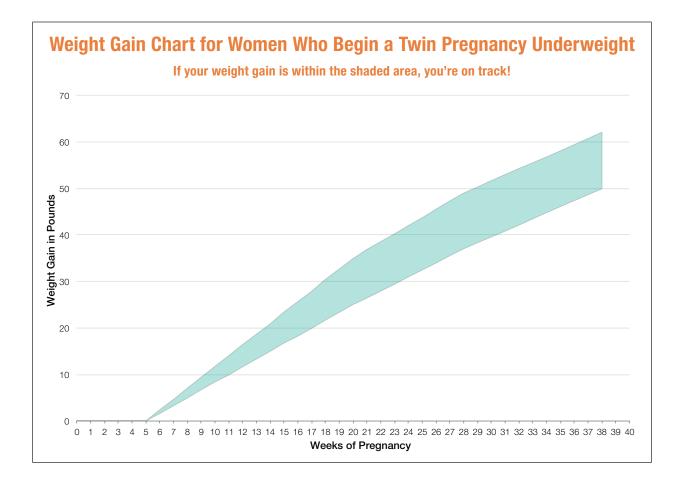
[*] *Your week of pregnancy is often determined by your last menstrual period. Starting with the first day of your last menstrual period, count the number of weeks that have passed until today's date. When you see your health care provider, he or she can confirm your week of pregnancy.*

Weight Gain Tracker for Women Who Begin a Twin Pregnancy Underweight

Pregnancy Weight Gain Goal: 50-62 pounds

Write Your Weight (in pounds) Just Before You Became Pregnant ➤			
Weeks of Pregnancy	Write Today's Date	Write Today's Weight (in pounds)	Write Today's Weight Gain *(subtract your weight just before pregnancy from today's weight)*
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			

Weight Gain Chart for Women Who Begin a Twin Pregnancy Underweight

If your weight gain is within the shaded area, you're on track!

Weight Gain in Pounds (y-axis, 0 to 70)

Weeks of Pregnancy (x-axis, 0 to 40)

CS262136A