

It's worth the weight!

As your pregnancy draws to a close, it's good to remind yourself where your extra weight is going.

The typical breakdown of pregnancy weight gain is on average, as follows:

Baby	6 to 8 Pounds at birth
Breast Growth	2 Pounds
Placenta	1 ½ Pounds
Blood and body fluid increase	8 Pounds
Amniotic fluid	2 Pounds
Uterus	2 Pounds
Maternal fat stores	7 Pounds
Total weight gain	24.5 to 35.5 Pounds

Did you know?

Fat is a very concentrated source of energy. You have been storing fat during your pregnancy most likely as an energy reserve to help feed your baby during these last several weeks when fetal growth is extremely rapid.

Unused fat stores during pregnancy can be used later when energy is needed such as during lactation.