

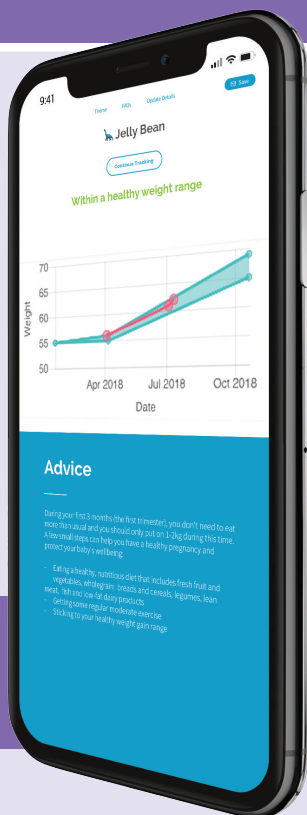
PREGNANCY WEIGHT GAIN CALCULATOR

As your baby grows, it is normal and healthy to gradually gain weight, but how much weight is healthy for you and your baby?

This calculator* will help you track a healthy weight gain throughout your pregnancy.

Track and save your gestational weight gain journey. You'll receive information and tips to support you along the way.

The calculator is a useful tool for pregnant women and their healthcare professionals.



Scan here to access the calculator online.

<https://www.gethealthynsw.com.au/pregnancy-calculator>



*These results are based on the 2009 Institute of Medicine recommendations. Please note that recommended weight gain ranges are a guide for adults 18 years and over, and provide suggested limits rather than specific goals. This calculator is not suitable for women with a pre-pregnancy BMI result of >40 or are pregnant with 3 or more babies. It is suggested that you consult your health professional for personal pregnancy weight gain guidance.



Start a healthy discussion that is all about you, your baby, and your family.



At the NSW Get Healthy in Pregnancy service we know that every mum-to-be wants the best for her baby. If you are pregnant, over 16 and live in NSW you are eligible for a FREE and confidential telephone health coaching service.



With continuous and confidential support over 6 months, we will help you set your own goals and make a positive change for the health of both you and your precious family.



Get Healthy in Pregnancy helps you to gain a healthy amount of pregnancy weight, ensuring that your baby has the best start in life and grows up to reach their full potential.

get healthy[®]
in pregnancy



Call **1300 806 258**, Mon-Fri / 8am-8pm



Register online

www.gethealthynsw.com.au



Ask your Midwife or Health Professional
for a referral