

Counselling on Gestational Weight Gain, BMI, Diet, and Exercise

General Weight Gain Goals^{1,2,3}

- 0.5kg/week (1 lb/week) in 2nd & 3rd trimester
- Total weight gain 5-18kg depending on pre-pregnancy BMI
- Follow Link for table of all BMI categories
<https://www.healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/growing-together#healthy-weight-gain>

Risks of Too Much Weight Gain ³	Risks of Insufficient Weight Gain
LGA infant Preeclampsia Gestational diabetes Shoulder dystocia C-section Trouble losing weight gained in pregnancy	Preterm birth SGA infant Reduced likelihood of breastfeeding



General Do's & Don'ts for Diet & Exercise



Folic Acid

- 0.4mg for EVERYONE! Ideally initiated 2-3 months before conception, otherwise as soon as pregnancy confirmed^{4,5}
- Some higher risk groups require 1mg or 4mg dosing (e.g. personal or family history, diabetes, obesity³, etc.)⁵

Iron⁴

- Needs increase to 27mg/day. EVERYONE should be minimally supplemented with 16-20mg
- Additional supplementation in those with a low ferritin or anemia
- Oral supplementation is first line
- Every other day dosing reduces side effects

Aim for nutrient dense foods > energy dense foods⁴

Treat constipation!

- Fibre target 28g/day

Exercise⁶

- 150min/week both aerobic & resistance
- Few contraindications and lots of benefits. Use PARmed-X to help with counselling
- Talk-test for monitoring intensity level



Avoid active weight loss

Avoid Teratogens⁴

- Alcohol = NONE
- Methylmercury (usual culprit is the big fish) = /< 150g/month
- Beef liver (due to vitamin A) = especially avoid in first trimester

Avoid Foods at High-Risk for Bacterial Contamination

- Raw meats, seafood, eggs
- Unpasteurized products (soft cheeses, some juices)
- Raw sprouts

Minimize caffeine

- No energy drinks
- Caffeine < 300mg/day (2 250ml cups of coffee or 6 250ml cups of tea)

Know the contraindications to exercise in pregnancy or where to look them up (PARmed-X)

Contraindicated Activities in Pregnancy⁶

- Scuba diving (fetal risk of decompression sickness)
- Activities that put a patient at high risk of falling or abdominal trauma (horseback riding, downhill skiing, hockey, Olympic lifts, etc.)

Special considerations for those with BMI > 30 pre-pregnancy^{3,7}

Elevated Risk for :

- Neural Tube Defects
- Miscarriages
- Hypertensive Diseases
- Venous Thromboembolism
- Gestational Diabetes
- Infant mortality & morbidity

Recommendations :

- Folic Acid 4mg preconception & for first 12 weeks and then decrease to 1mg until done breastfeeding unless prior bariatric surgery
- Consider Vit D 400IU
- Low dose ASA by 16 weeks
- Ensure calcium intake is adequate & supplement if concerned
- Consider diabetes screen via 1 hour 50g-glucose challenge or 2-hour 75g glucose tolerance test

References

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<https://www.healthyparentshealthychildren.ca>. Updated 2020. Accessed October 11, 2021.
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7. Society of Obstetricians and Gynecologists of Canada [SOGC]. Obesity. In: *Course manual: Advances in labour and risk management.* 27th ed. Canada. SOGC; 2020-2021:543-558.