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How To Manage Weight Gain During Pregnancy

Let's be truthful ; one of the biggest drags about having a baby is weight gain during pregnancy. It feels like mother nature has "stacked the deck" against us. Between the mad food longings and feeling dog-tired all the time how are we meant to avoid weight gain during pregnancy? Well, the even better news is simply that pregnancy and weight gain don't really have to go together.

It is straightforward to look great when pregnant, perhaps not super model good looking, but we may maintain some semblance of normal weight thru diet and exercise. Exercise and diet you say?

But I couldn't even keep a good exercise and diet program going before I became pregnant! That is's OK. Just think, now you have added incentive to follow a good exercising and diet routing when pregnant. You aren't only doing it for yourself, you do it for that tiny baby growing inside you.

Let us take a look at diet first. And, no, I don't mean diet as in the latest trend diet. I'm talking about what types of foods you eat and what proportion of it you eat. Many pregnant girls lie on the sofa like the Queen of Sheba eating whatever they can get into their mouths. Yes I'm talking about those feared longings. Pickles, Ice Cream, Taco Bell, fried Twinkies, you are saying it and pregnant ladies have wanted it.

Eat a well balanced diet made of different types of foods to get all of your nutrient elements. You really don't need to eat way more than you did before getting pregnant. "But I'm eating for two" you say? Studies show that pregnant girls only need to consume about three hundred extra calories each day to give their baby an appropriate amount of nourishment. So far as exercising goes it is safe and healthy to exercise while carrying a child. The advantages are several and all good.

From a rather more fit baby, to a faster pregnancy and delivery it is an excellent idea to play a role in some form of exercise while expecting to avoid [weight gain during pregnancy](#).

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