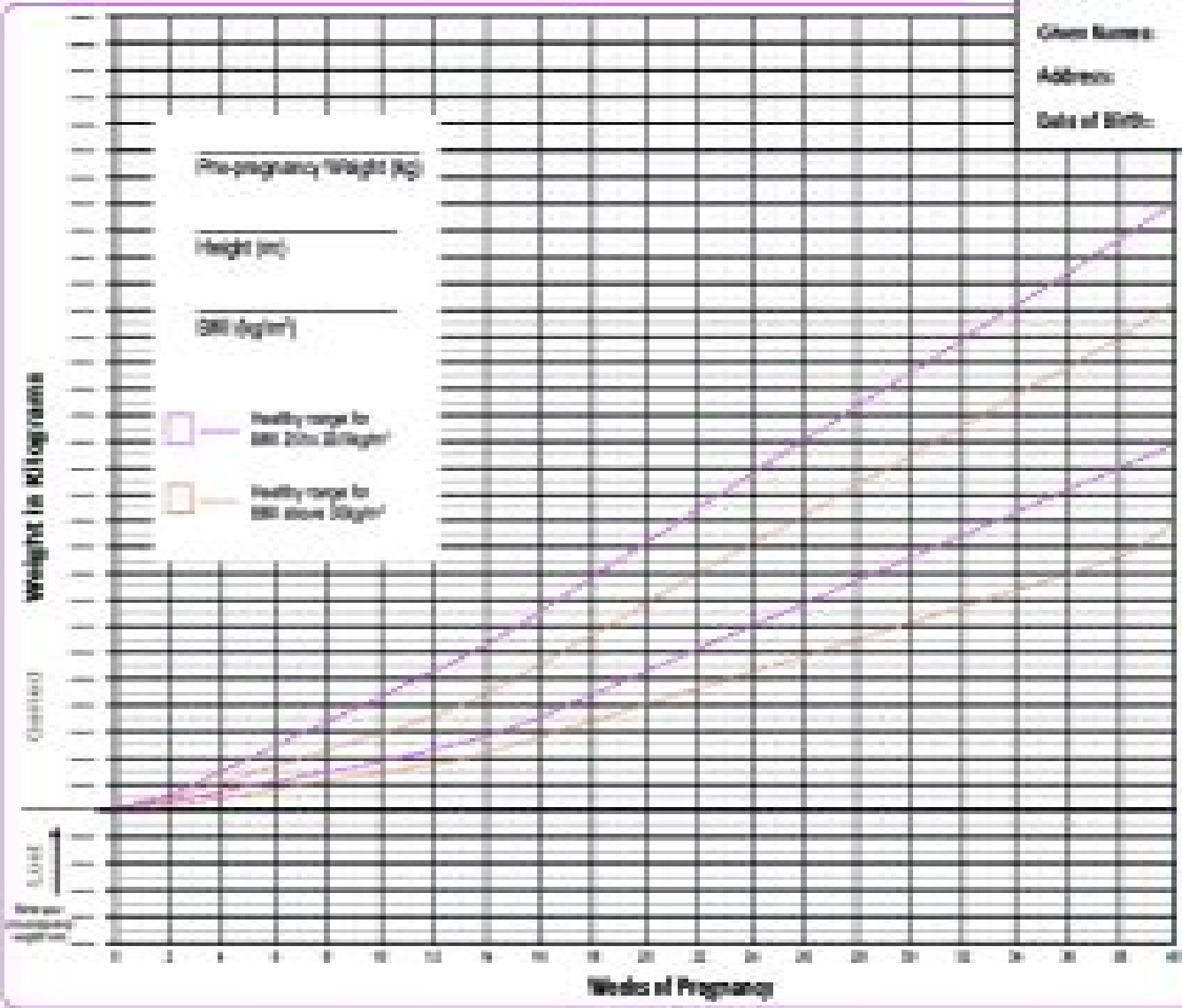


Weight gain chart for twin and triplet pregnancies for BMI 25kg/m² or over

(Alls pregnancy label here)

UBN: _____
 Family Name: _____
 Given Name: _____
 Address: _____
 Date of Birth: _____ Sex: M F I



Congratulations on your pregnancy!

Healthy pregnancy weight gain is important for your health and the health of your babies. You can see more information on this page. Almost all women gain a healthy amount by staying well, being without smoking, taking weight management, and weight gain. This is your personal appointment and your personal health care provider to do your weight and check your progress towards your weight gain goal for this pregnancy.

The amount of weight you should gain depends on your weight (and body mass index - BMI) before you became pregnant. Check the weight gain range that matches your pregnancy BMI (see below) to calculate your BMI.



How to use this booklet:

1. Identify your weight and weight before pregnancy to be used as a goal.
2. Calculate your pregnancy BMI using the following equation: $\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$. Remember, you should be weightless before calculation. www.nhs.uk/weightandheightcalculator
3. Match your pre-pregnancy weight (and BMI) and your gain along the left hand side of the graph.
4. Read your self-care appointment and early-onset (before your appointment) and follow a healthy diet for the amount of weight and weight gain.
5. Check the table below for weight gain throughout pregnancy. You should aim to be between the two lines during your pregnancy.

Acknowledgment to Royal Brisbane and Women's Hospital Nutrition and Dietetic Department, adaptation of table of healthy weight gain. www.nhs.uk/weightandheightcalculator. www.nhs.uk/weightandheightcalculator (Version 1.0)



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Bangor (Me.)



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The Fat Burning Blueprint Paris Louiselle,2013-10-06 Fat Burning Blueprint Why Willpower Doesn't Help You Lose Weight and Other Weight Loss Illusions Imagine you could lose the same amount of weight on two diet plans On program one you're hungry all the time You have to use every drop of willpower you can muster to stay on it You're frequently subject to cravings You rarely feel full and when you do it doesn't last very long To top it off this same eating plan requires you be a mathematician and a journalist keeping track of every calorie and fat gram On program two you choose from basic foods that have sustained the human genus for a couple of million years You eat as much as possible from this varied list You rarely have cravings and hunger is a thing of the past Your appetite is regulated naturally your energy level is high and you feel satisfied all the time Which program would you want to do Now let's go one step further and assume that these two eating programs produced identical results in the weight loss department

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