Where does all the extra weight go?

Here is an approximate breakdown of your weight gain:

* Baby = 7 pounds
* Placenta = 1-2 pounds
* Amniotic fluid = 2 pounds
* Uterine enlargement = 2 pounds
* Maternal breast tissue = 2 pounds
* Maternal blood flow = 2 pounds
* Fluids in maternal tissue = 4 pounds
* Maternal fat stores = 7 pounds

How much total weight should I gain?

This depends on the women, but all women should gain at least twenty-five pounds.

Some general guidelines are as follows
* 25-35 pounds: If you were a healthy weight before pregnancy.
* 28-40 pounds: If you were underweight before pregnancy.
* 15-25 pounds: If you were overweight before pregnancy.