

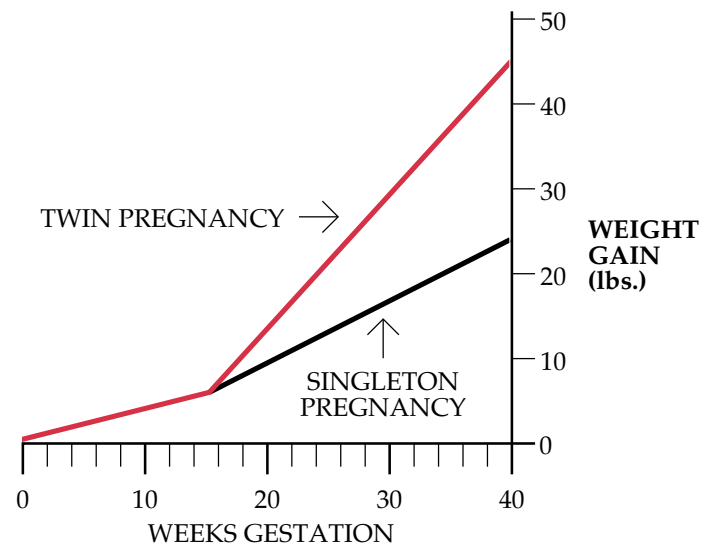
## WEIGHT GAIN

Women expecting twins or triplets need to gain more weight than singleton mothers (expecting only one baby). Adequate weight gain is a good indicator that the nutritional needs of both you and your babies are being met. Women who do not gain enough weight often have babies that weigh too little. A baby that weighs less than 5.5 lbs (2.5 kg) is more likely to have physical and mental problems.

Women should gain approximately 35-45 pounds during a twin pregnancy and approximately 50 pounds for triplets, even if overweight. Your Registered Dietitian will be able to make individualized recommendations for you. The babies account for only part of the weight you should gain and only a few pounds will be fat stores for breast feeding. Your own body must add blood, muscle, fluids, and tissue necessary for your babies' development. If you gain less than recommended the babies' chances for health and survival are less.

## WHEN SHOULD YOU GAIN WEIGHT?

During the first three months, expect to gain a total of about two to four pounds. During the last six months you need to gain about two pounds each week. The increase in weight should be fairly steady. Consult your doctor if your weight jumps suddenly or if you stop gaining.



## WHAT SHOULD YOU DO TO GAIN WEIGHT?

- When you are expecting more than one baby your body uses food more efficiently so you may not need to eat as many calories as you expect to gain weight.
- It is important that the foods you eat provide plenty of nutrients to nourish you and the babies, not simply calories to gain pounds. Include a good source of protein at each meal (such as meat, poultry, fish, eggs, cheese, dried beans and peas, nuts, nut butters, tofu). Choose plenty of whole grain breads and cereals, low fat or nonfat dairy products, fruits, and vegetables rather than filling up on empty calorie “junk” or snack foods.
- Include at least 8 to 12 cups of fluid daily. There is no need to restrict salt unless instructed by your physician.
- Include at least 4-6 cups of nonfat or lowfat milk or yogurt each day to provide sufficient calcium to build bones for two (or three) babies.
- Your blood volume will increase more than singleton mothers’ so it is especially important to take the prenatal iron and vitamin/mineral supplements as well as including good sources of iron and a good source of folate daily. Foods rich in iron include liver, meat, poultry, fish, eggs, dried beans and peas, nuts, fortified cereals, spinach, and greens. Foods rich in folate include liver, dried beans, dark green leafy vegetables, wheat germ, orange or grapefruit juice, and lean beef.
- Twins take up more space inside you so you may experience discomfort after large meals. You will be more comfortable and more likely to take in all the nutrients you need if you eat six or more small meals per day.
- Twin pregnancies are higher risk so it is especially important for you to avoid smoking and alcohol.

## SUMMARY

- Gain approximately 35-45 pounds for twins or 50 pounds for triplets.
- Eat six or more small meals per day.
- Choose more nutritious foods, not just calories.
- Include 4-6 or more cups nonfat or lowfat milk per day.
- Take prenatal vitamins and iron supplements.
- Include good sources of iron and folate daily.
- Avoid smoking and alcohol.

## DAILY FOOD GUIDE

FOOD GROUP (Key Nutrients)	Recommended Minimum Daily Servings			EXAMPLE OF ONE SERVING
	Adult Woman	Singleton Pregnancy	Multiple Pregnancy	
MILK & MILK PRODUCTS (Calcium, Vitamin A, Vitamin D)	2	3	4-6	1 cup milk 1 1/2 oz. cheese 1 cup yogurt 2 cups cottage cheese
PROTEIN FOODS (Protein, Iron, B vitamins)	5	7	7-8	1 egg, 1/4 cup tuna 1 oz. (1/2 cup) meat, fish or poultry 1/2 cup cooked beans 2 Tbsp. nut butter 4 oz. tofu
BREADS, CEREALS, & STARCHES (B Vitamins, Iron, Fiber)	6	7	8	1 slice bread 1 tortilla 1/2 cup hot cereal 3/4 cup dry cereal 1/2 cup cooked rice, or pasta 4 crackers
VITAMIN A RICH FRUITS & VEGETABLES (Folate, Vitamin A)	1	1	1	1 cup Swiss chard, spinach or romaine lettuce 3 medium apricots 1/4 medium cantalope
VITAMIN C RICH FRUITS & VEGETABLES (Vitamin C)	1	1	1	1 orange or 1/2 grapefruit 6 oz. orange or tomato juice 2 medium tomatoes 1/2 cup cauliflower or broccoli
OTHER FRUITS & VEGETABLES (Vitamin A, Fiber)	3	3	3	1/2 cup cooked vegetables 1 cup raw vegetables 1 piece fruit
FATS & OILS (Fatty Acids, Vitamin E)	2 Tbsp.	2 Tbsp. or more	2 Tbsp. or more	Margarine, oil, mayonnaise, butter, salad dressing



KAISER PERMANENTE



Department of Nutritional Services