1) The recommended weight gain during pregnancy: include table linked in to here <https://www.cdc.gov/maternal-infant-health/pregnancy-weight/index.html>. However, only 1 in 3 women gain the appropriate amount of weight (QuickStats: Gestational Weight Gain Among Women with Full-Term, Singleton Births, Compared with Recommendations — 48 States and the District of Columbia, 2015. MMWR Morb Mortal Wkly Rep 2016;65:1121. DOI: <http://dx.doi.org/10.15585/mmwr.mm6540a10>).  The CDC recommends eating a balanced diet as one of the key approaches to gain an appropriate amount of weight.

2) Weight gain over the recommended amount during can be associated with complications during pregnancy and childbirth, including high blood pressure, preeclampsia, preterm birth, gestational diabetes.  These complications can also impact the health of your baby (Nutrition During Pregnancy. American College of Obstetrics and Gynecology. <https://www.acog.org/womens-health/faqs/nutrition-during-pregnancy>)

3) Not gaining enough weight during pregnancy can put babies at risk for being born at a lower birth weight, which has a higher risk of high blood pressure, diabetes, heart disease and potentially obesity later on in life. Gaining an excessive amount of weight during pregnancy is a risk factor for babies developing obesity and metabolic syndrome later in life.( “Too many women gaining too too much, weight during pregnancy, CDC says” November 5th, 2015 https://www.latimes.com/science/sciencenow/la-sci-sn-pregnant-women-weight-gain-20151105-story.html)

4) Improvements in nutrition during pregnancy supports the following outcomes: appropriate growth for the baby, better outcomes during pregnancy, and potentially better long-term outcomes for moms and babies (The importance of nutrition in pregnancy and lactation: lifelong consequences) (The importance of nutrition in pregnancy and lactation: lifelong consequences Marshall, Nicole E. et al. American Journal of Obstetrics & Gynecology, Volume 226, Issue 5, 607 - 632)

5)Maternal overnutrition and undernutrition can be linked to having a larger than average baby and a smaller than average baby, which are associated with an increased risk of having chronic conditions in childhood and possibly adulthood (The importance of nutrition in pregnancy and lactation: lifelong consequences Marshall, Nicole E. et al. American Journal of Obstetrics & Gynecology, Volume 226, Issue 5, 607 - 632)

6) Nutrition in the prenatal period and the first two years of life are very important for a child's organ and neurodevelopment (Advocacy for Improving Nutrition in the the First 1000 days. American Association of Pediatricians. <https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000>?  
autologincheck=redirected)

7) Gaining an excessive amount of weight during pregnancy, even among individuals who prior to pregnancy were considered underweight or of normal weight was linked to higher risk of death later on in life. For example, for those who were considered underweight during pregnancy, but gained over the recommended amount during pregnancy, the risk of dying as it relates to heart disease increased by 84% later in life. For those who were deemed as normal weight prior to pregnancy, gaining more than the recommended amount during pregnancy was associated with a 20% increase in the risk of dying from diseases related to heart disease later in life.

#### **Gestational weight change in a diverse pregnancy cohort and mortality over 50 years: a prospective observational cohort study.** Hinkle, Stefanie N et al. The Lancet, Volume 402, Issue 10415, 1857 - 1865