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Doctors say you should only gain 25-37 pounds when you're pregnant and even less if you're overweight. For those that are already carrying those extra pounds doctors say you should only gain 15-25 pounds during pregnancy. Eating a well balanced diet and avoiding fatty and sugary foods is the best way to stay within that weight goal. But genetics can also play a role in the amount of weight you gain.

Staying active while you're pregnant is also important. Talk with your doctor about exercising and what's safe at the different stages of pregnancy.

For more information on weight gain during pregnancy and how to stay within your goal check out the site below. It also has great information on exactly how all that weight adds up and where it all goes.

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