



Weight gain is in general not constant: it is limited in the first months, and then it grows more rapidly, especially in the last 2 months.

The mother's final weight is the result of adding up the weight of the baby, the placenta, the amniotic fluid and the uterus, which grew during gestation; to this, we should add the water retention of liquids and the fats depositing in the mother's tissues.

During the first trimester of pregnancy, the weight gain is minimal, estimated around 0.5-2 kg and is essentially associated with the increased blood volume and the growth of the uterus.

During the second and third trimesters, instead, the weight gain is due to foetal growth and the increase in maternal tissues.

Foodborne infections during pregnancy

During pregnancy, greater attention should be paid to the risk of contracting food-borne infections, as they are dangerous for both mother and baby. A few **simple precautions** are enough to reduce the risk.

TOXOPLASMOSIS	LISTERIOSIS AND SALMONELLOSIS
wash your hands carefully before cooking and before eating	wash your hands carefully before, during and after preparing food
wash your hands after handling raw food	wash fruit and vegetables carefully before consumption
wash fruit and vegetables carefully (including any ready for consumption), particularly what is consumed raw	carefully cook food derived from animals (meat, fish, eggs)
consume only well-cooked (not burnt) meat;	If you buy ready-to-eat dishes from delicatessens and takeaways, be sure to heat them to high temperatures before consumption
do not consume preserved raw meat (e.g.: raw ham and cured meats); the consumption of cooked ham, turkey rump and mortadella is allowed	avoid consuming meat and vegetable pâté
avoid direct contact with the soil (wear gloves)	avoid consuming soft cheeses derived from raw milk and mould – such as Camembert and Brie – and cheeses with blue veins (check the wording "from pasteurized milk" on the label)
avoid contact with cat faeces	avoid cross-contamination between foods (keep raw products separate from cooked ones and use different utensils for cooked and raw foods)