

Pregnant women eating too much – study

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If you've been pregnant, or been around someone who was pregnant, you've likely heard the phrase 'eating for two.'

However, new studies from the U of A and across the country, show that pregnant women are eating too much.

Rhonda Bell, a professor at the U of A, says some weight gain is good, but too much weight is a problem for the mother and baby.

They've now been given \$2.5 million to continue research strategies for women to be at a healthier weight during and after their pregnancies.