Several studies have looked at the relationship between maternal weight and pregnancy; however, the additive effects of breastfeeding on maternal weight remains uncertain. This longitudinal study utilizes information from the Cebu Longitudinal Health and Nutrition Survey (CLHNS) in order to determine the association between maternal weight gain with pregnancy and lactation. Filipino women in metropolitan Cebu, from rural and urban settings were followed from ages 18 to 35, respectively, and a detailed reproductive history was obtained. In 2002, nearly 30% of women were underweight and less than 11% were overweight or obese. By 2018, over 60% of women were either overweight or obese. Women who had 4 or more pregnancies were found to gain significantly more weight than those without pregnancies; furthermore, when cumulative months spent breastfeeding was considered, women were found to gain less weight than those who did not breastfeed. Weight gain in relationship to pregnancies provides insight on the potential contributing factors towards the rising rates of obesity amongst women in the Philippines. This affords public health professionals the opportunity to develop targeted interventions aimed at reducing the risk of maternal overweight/obesity, which in returns reduces the likelihood of complications on the infant.