

Table 1. Recommendations for total and rate of weight gain during pregnancy, according to pre-pregnancy body mass index. (From the Institute of Medicine and National Research Council, 2009). Re-examining the guidelines. Washington, DC: The National Academic Press.¹⁶

Pre-pregnancy BMI	Total weight gain (kg)	Rates of weight gain at second and third trimester (kg/week)
	Range	Mean (range)
Underweight: $<18.5 \text{ kg/m}^2$	12.5 - 18.0	0.51 (0.44-0.58)
Normal weight: $18.5 - 24.9 \text{ kg/m}^2$	11.5 - 16.0	0.42 (0.35-0.50)
Overweight: $25.0 - 29.9 \text{ kg/m}^2$	7.0 - 11.5	0.28 (0.23-0.33)
Obese: $\geq 30.0 \text{ kg/m}^2$	5.0 - 9.0	0.22 (0.17-0.27)

Calculations assume a 0.5-2 kg weight gain in the first trimester.