

**Table 3.** Recommendations for total and rate of weight gain during pregnancy by pre-pregnancy body mass index (BMI). Source: Kathleen M, et al, Institute of Medicine, National Research Council, 2009

Prepregnancy BMI	Total weight gain		Rates of weight gain* 2nd and 3rd trimester	
	Range in kg	Range in lbs	Mean (range) in kg/week	Mean (range) in lbs/week
Underweight (<18.5 kg/m <sup>2</sup> )	12.5-18	28-40	0.51 (0.44-0.58)	1 (1-1.3)
Normal weight (18.5-24.9 kg/m <sup>2</sup> )	11.5-16	25-35	0.42 (0.35-0.50)	1 (0.8-1)
Overweight (25.0-29.9 kg/m <sup>2</sup> )	7-11.5	15-25	0.28 (0.23-0.33)	0.6 (0.5-0.7)
Obese (≥30.0 kg/m <sup>2</sup> )	5-9	11-20	0.22 (0.17-0.27)	0.5 (0.4-0.6)

\*Calculations assume a 0.5-2 kg (1.1-4.4 lbs) weight gain in the first trimester (based on Siega-Riz et al, 1994; Abrams et al, 1995; Carmichael et al, 1997).