

Table 3. IOM 2009 recommendations for total weight gain during pregnancy, by pre-pregnancy BMI.⁵³

Pre-gestational BMI (kg/m²)	Recommended gestational weight gain (kg)
<18.5	12.5-18
18.5-24.9	11.5-16
25-29.9	7.5-11.5
≥30	5-9