



Pregnancy Weight Gain Chart

| if before pregnancy, you were... |  Weight Gain Recommendations for Women Pregnant with One Baby |  Weight Gain Recommendations for Women Pregnant with Two Babies |
|--|---|---|
| Underweight BMI less than 18.5 | 28-40 pounds | 50-62 pounds |
| Normal Weight BMI 18.5-24.9 | 25-35 pounds | 37-54 pounds |
| Overweight BMI 25.0-29.9 | 15-25 pounds | 31-50 pounds |
| Obese BMI greater than or equal to 30.0 | 15-25 pounds | 25-42 pounds |

For more information: www.greauxhealthy.org

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