

# Pregnancy Weight Gain Chart

| Prepregnancy Weight Category    | Body Mass Index* | Recommended Range of Total | Recommended Rates of Weight Gain† in the Second and Third Trimesters (lb)<br>(Mean Range [lb/wk]) |
|---------------------------------|------------------|----------------------------|---|
| Underweight                     | Less than 18.5   | 28-40                      | 1 (1-1.3)   |
| Normal Weight                   | 18.5-24.9        | 25-35                      | 1 (0.8-1)   |
| Overweight                      | 25-29.9          | 15-25                      | 0.6 (0.5-0.7)   |
| Obese<br>(includes all classes) | 30 and greater   | 11-20                      | 0.5 (0.4-0.6)   |

\*Body mass index is calculated as weight in kilograms divided by height in meters squared or as weight in pounds multiplied by 703 divided by height in inches.

†Calculations assume a 1.1-4.4 lb weight gain in the first trimester.