

IOM Guidelines For Weight Gain During Pregnancy

Prepregnancy BMI	Total Weight Gain		Rate During 2nd and 3rd Trimesters*	
	Range (kg)	Range (lb)	Mean kg/week	Mean lb/week
Underweight ($<18.5 \text{ kg/m}^2$)	12.5–18.0	28.0–40.0	0.5	1.0
Normal weight ($18.5\text{--}24.9 \text{ kg/m}^2$)	11.5–16.0	25.0–35.0	0.4	1.0
Overweight ($25.0\text{--}29.9 \text{ kg/m}^2$)	7.0–11.5	15.0–25.0	0.3	0.6
Obese ($\geq 30.0 \text{ kg/m}^2$)	5.0–9.0	11.0–20.0	0.2	0.5

*Calculations for rate assume weight gain of 0.5–2.0 kg
(1.1–4.4 lb) during the first trimester.

Guidelines are available at <http://www.nap.edu/catalog/12584.html>.

