

Gestational weight gain recommendations for singleton pregnancy

Prepregnancy BMI	BMI (kg/m ²)	Total weight gain range (kg)
Underweight	< 18.5	12.7 – 18.1
Normal weight	18.5-24.9	11.3 – 15.9
Overweight	25.0-29.9	6.8 – 11.3
Obese (all classes)	≥ 30.0	5.0 – 9.1

*Assumes 0.5-2.2 kg weight gain in first trimester

Source: Institute of Medicine Brief Report 2009. *Weight gain during pregnancy: Reexamining the guidelines*. Available at < <http://nationalacademies.org/hmd/reports/2009/weight-gain-during-pregnancy-reexamining-the-guidelines.aspx> >