

Provisional weight gain recommendations for twin pregnancy

Pre-pregnancy BMI	BMI (kg/m ²)	Total weight gain range (kg)
Normal weight	18.5-24.9	16.8 – 24.5
Overweight	25.0-29.9	14.1 – 22.7
Obese (all classes)	≥ 30.0	11.3 – 19.1

Source: Institute of Medicine Brief Report 2009. *Weight gain during pregnancy: Reexamining the guidelines*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK32813/>.