

Table 2: Gestational weight gain recommendations (Institute of Medicine, 2009)

Pre-pregnancy BMI	Total Weight Gain		Rates of Weight Gain* 2nd and 3rd Trimester	
	Range in kg	Range in lbs	Mean (range) in kg/week	Mean (range) in lbs/week
Underweight (< 18.5 kg/m ²)	12.5–18	28–40	0.51 (0.44–0.58)	1 (1–1.3)
Normal weight (18.5-24.9 kg/m ²)	11.5–16	25–35	0.42 (0.35–0.50)	1 (0.8–1)
Overweight (25.0-29.9 kg/m ²)	7–11.5	15–25	0.28 (0.23–0.33)	0.6 (0.5–0.7)
Obesity (> 30.0 kg/m ²)	5–9	11–20	0.22 (0.17–0.27)	0.5 (0.4–0.6)

Source: Institute of Medicine and National Research Council. 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. <https://doi.org/10.17226/12584>. Reproduced with permission from the National Academy of Sciences, courtesy of the National Academies Press, Washington, D.C.