

## Recommendations for weight gain during pregnancy

Pre-pregnancy BMI	Total weight gain in kg	Rates of weight gain* 2nd and 3rd trimester in kg/week
Underweight (< 18.5 kg/m <sup>2</sup> )	12.5–18.0	0.51 (0.44–0.58)
Normal weight (18.5–24.9 kg/m <sup>2</sup> )	11.5–16.0	0.42 (0.35–0.50)
Overweight (25.0–29.9 kg/m <sup>2</sup> )	7.0–11.5	0.28 (0.23–0.33)
Obese (≥ 30.0 kg/m <sup>2</sup> )	5.0–9.0	0.22 (0.17–0.27)
Multiple pregnancy		
Twin pregnancy	15.9–20.4	0.7
Triplet pregnancy	22.7	—

**Note:** \*Calculations assume a 0.5–2kg weight gain in the first trimester

Source: *Institute of Medicine 2009.*<sup>289</sup>

## Weight gain during pregnancy: recommendations for Asian women

Pre-pregnancy BMI (kg/m <sup>2</sup> )	Total weight gain in kg (during pregnancy)	Weight gain per week in kg (after 12 weeks)
<18.5	12.5–18.0	0.5
18.5–22.9	11.5–16.0	0.4
23–27.5	7.0–11.5	0.3
>27.5	≤ 7.0	—

Source: *Adapted from Institute of Medicine*<sup>289</sup> *and matched with Asian BMI cut-offs.*

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