



## How Much Weight Should I Gain?

If you start your pregnancy as...	You should gain...
<b>Under weight</b> BMI less than 18.5	<b>28-40 lbs</b>
<b>Normal weight</b> BMI 18.5-24.9	<b>25-35 lbs.</b>
<b>Over weight</b> BMI 25.0-29.9	<b>15-25 lbs.</b>
<b>Obese</b> (includes all classes) BMI greater than or equal to 30.0	<b>11-20 lbs.</b>

Women who have weight gain within these ranges have better pregnancy outcomes. Excessive weight gain has been associated with increased rates of high blood pressure, diabetes, large babies resulting in more difficult vaginal deliveries and more Cesarean Sections

Making good nutritional choices and continuing to exercise during pregnancy will help you avoid excessive weight gain during pregnancy. In most instances (*unless there is a medical or obstetrical complication*) you can – and should – continue to exercise during your pregnancy. The current recommendation is for you to get 30 minutes or more of moderate exercise on most, if not all, days of the week. As your pregnancy progresses you may need to alter some of your routines to accommodate changes in balance, increased low back strain, and joint laxity.

Taken from the IOM Guidelines: <http://iom.nationalacademies.org/About-IOM/Leadership-Staff/IOM-Staff-Leadership-Boards/Food-and-Nutrition-Board/HealthyPregnancy.aspx>

# BMI Charts

American Institute for Cancer Research; "Heal Well Guide 2013"

Height	Weight	Weight in Pounds ( <i>without clothes</i> )												
4'11"	94<	99	104	109	114	119	124	128	133	138	143	148	173	198
5'	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	132	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	152	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	169	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
<b>BMI</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>35</b>	<b>40</b>