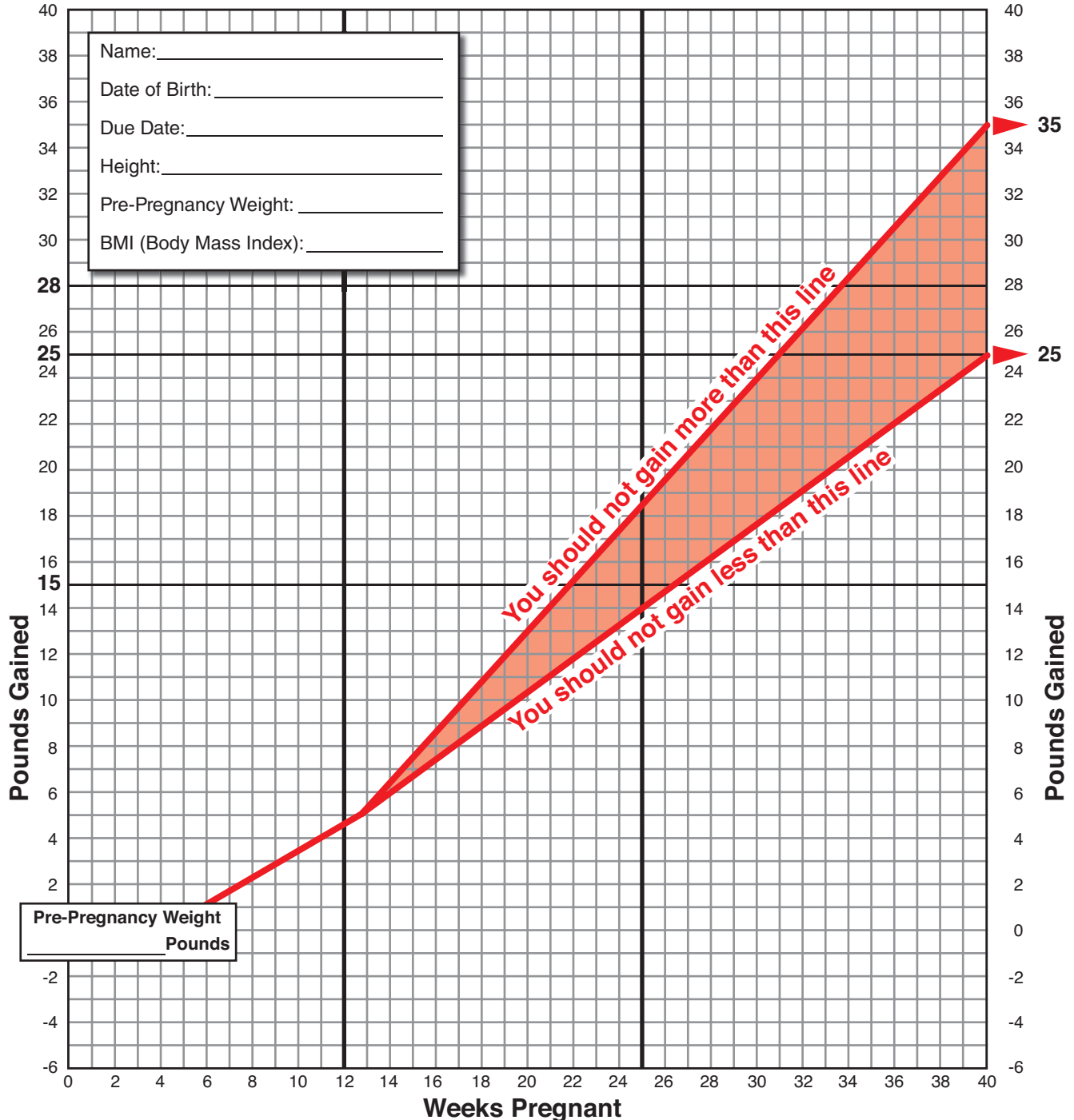


Pregnancy Weight Gain Chart in Pounds

Pre-pregnancy BMI **19.8-26.0, 25-35 pounds**

If your pre-pregnancy BMI is between 19.8 and 26.0, then the recommended weight gain range for your pregnancy is 25 to 35 pounds. The red area shows the weight gain recommendation.



You have gained too little weight if:

- Your weight gain is below the red area on the chart OR
- You weigh less during your first trimester of pregnancy (from conception through week 12 of pregnancy) than you did before you became pregnant OR You have lost more than 2 pounds between week 13 of your pregnancy and delivery

You have gained too much weight if:

- Your weight gain is above the red area on the chart OR
- You have gained more than 7 pounds per month (1 month equals 4 weeks)

Talk to your health care provider if you fall above or below the recommended weight



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