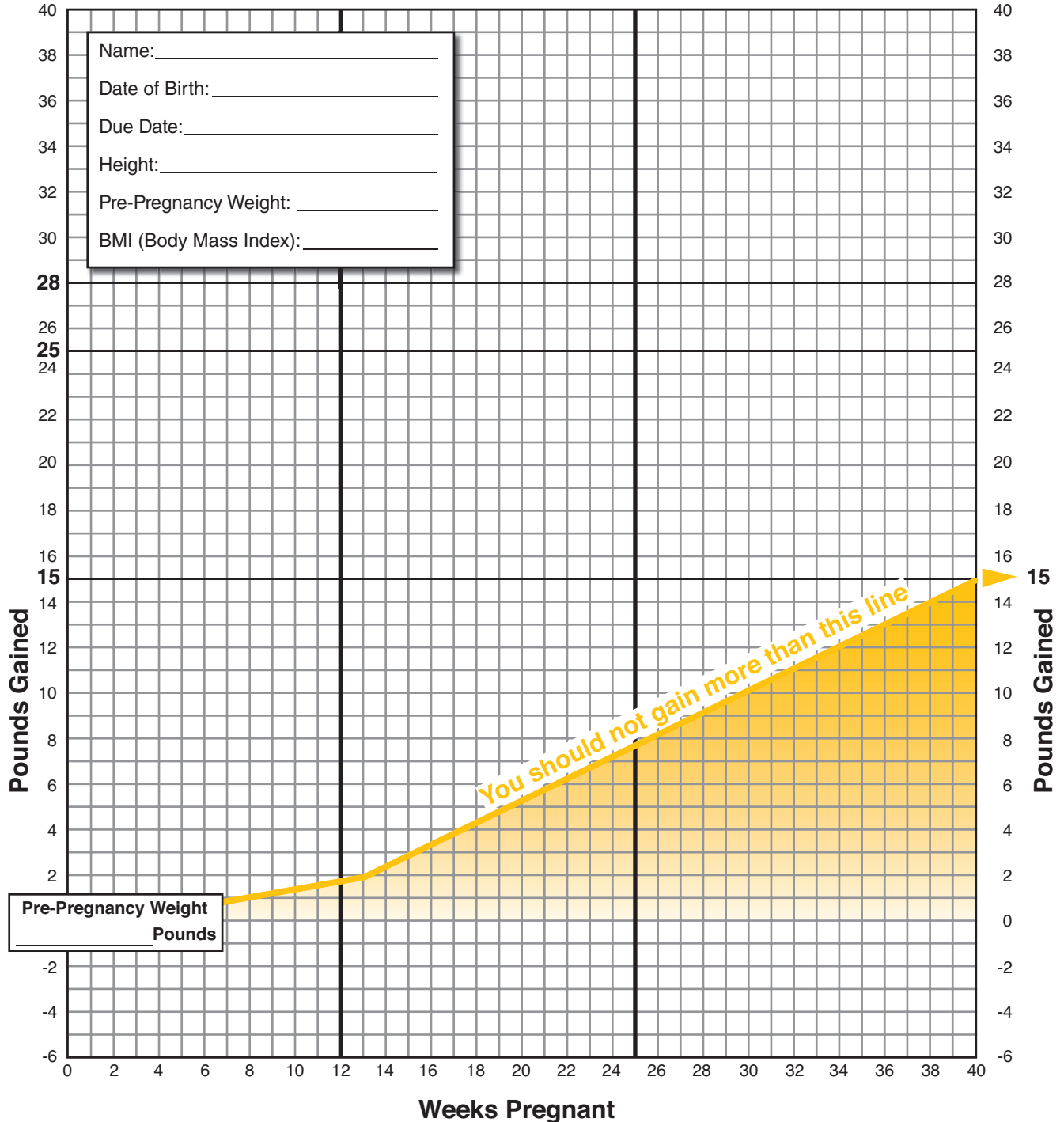


Pregnancy Weight Gain Chart in Pounds

Pre-pregnancy BMI >29, 15 pounds

If your pre-pregnancy BMI is greater than 29.0, then the recommended weight gain range for your pregnancy is a maximum of 15 pounds. The yellow area shows the weight gain recommendation.



You have gained too much weight if:

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

There is no minimum weight gain recommendation for women in this BMI range.

