Prenatal Weight Gain Grids

Weight Gain Grids for Single Pregnancy (Rev. 3/10)

- 1. Pre-pregnancy Underweight Range
- 2. Pre-pregnancy Normal Weight Range
- 3. Pre-pregnancy Overweight Range
- 4. Pre-pregnancy Obese Weight Range

Weight Gain Grids for Twin Pregnancy (Rev. 1/13)

- 5. Pre-pregnancy Normal Weight Range (Twins)
- 6. Pre-pregnancy Overweight Range (Twins)
- 7. Pre-pregnancy Obese Weight Range (Twins)

Source: IOM (Institute of Medicine) and NRC (National Research Council). 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: The National Academies Press.

Name:			

Height	Under	Normal	Over	Obese
	Weight	Weight	Weight	(BMI≥
	(BMI	(BMI	(BMI 25-	30)
	<18.5)	18.5-	29.9)	
		24.9)		
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
4'9"	< 86	86-115	116-138	> 138
4'10''	< 89	89-119	120-143	> 143
4'11''	< 92	92-123	124-148	> 148
5'	< 95	95-127	128-153	> 153
5'1"	< 98	98-132	133-158	> 158
5'2"	< 101	101-136	137-163	> 163
5'3"	< 105	105-140	141-169	> 169
5'4"	< 108	108-145	146-174	> 174
5'5"	< 111	111-149	150-179	> 179
5'6"	< 115	115-154	155-185	> 185
5'7"	< 118	118-159	160-191	> 191
5'8"	< 122	122-164	165-196	> 196
5'9"	< 125	125-168	169-202	> 202
5'10''	< 129	129-173	174-208	> 208
5'11''	< 133	133-178	179-214	> 214
6'	< 137	137-183	184-220	> 220
6'1"	< 140	140-189	190-227	> 227
6'2"	< 143	143-194	195-233	> 233
6'3"	< 148	149-199	200-239	> 239

BMI = Weight (lbs.)/Height (in.)² X 703

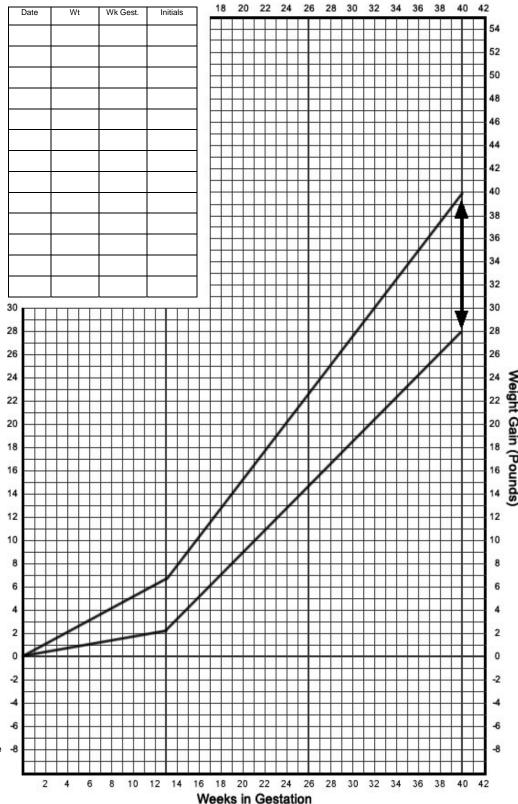
Recommended Weight Gain 1:

Mark One:	Single	Twins
Underweight	28-40 lbs.	N/A
Normal	25-35 lbs.	37-54 lbs.
Overweight	15-25 lbs.	31-50 lbs.
Obese	11-20 lbs.	25-42 lbs.

Pre-pregnancy Weight: _____

Height: _____

Pre-pregnancy Underweight Range Prenatal Weight Gain Grid²



¹ IOM, 2009. Weight Gain During Pregnancy:
Reexamining the Guidelines. Washington, DC:
National Academies Press.
2 Per Personal Communication with the Committee
-8

Per Personal Communication with the Committee to Reexamine IOM Pregnancy Weight Guidelines

Name:			

Height	Under Weight	Normal Weight	Over Weight	Obese (BMI≥
	(BMI	(BMI	(BMI 25-	30)
	<18.5)	18.5-	29.9)	00,
	,	24.9)		
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
4'9"	< 86	86-115	116-138	> 138
4'10''	< 89	89-119	120-143	> 143
4'11"	< 92	92-123	124-148	> 148
5'	< 95	95-127	128-153	> 153
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5'2"	< 101	101-136	137-163	> 163
5'3"	< 105	105-140	141-169	> 169
5'4"	< 108	108-145	146-174	> 174
5'5"	< 111	111-149	150-179	> 179
5'6"	< 115	115-154	155-185	> 185
5'7"	< 118	118-159	160-191	> 191
5'8"	< 122	122-164	165-196	> 196
5'9"	< 125	125-168	169-202	> 202
5'10''	< 129	129-173	174-208	> 208
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6'2"	< 143	143-194	195-233	> 233
6'3"	< 148	149-199	200-239	> 239

BMI = Weight (lbs.)/Height (in.)² X 703

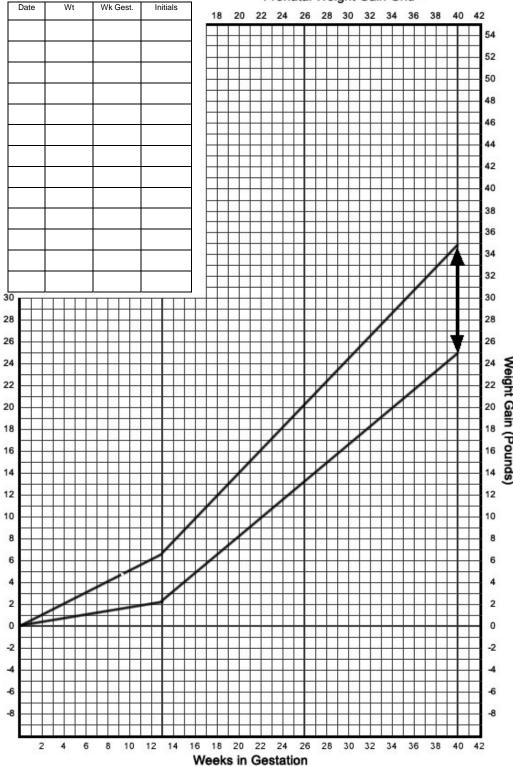
Recommended Weight Gain 1:

Mark One:	Single	Twins
Underweight	28-40 lbs.	N/A
Normal	25-35 lbs.	37-54 lbs.
Overweight	15-25 lbs.	31-50 lbs.
Obese	11-20 lbs.	25-42 lbs.

Pre-pregnancy Weight: ______

¹IOM, 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: National Academies Press.

Pre-pregnancy Normal Weight Range Prenatal Weight Gain Grid²



²Per Personal Communication with the Committee to Reexamine IOM Pregnancy Weight Guidelines

Height	Under	Normal	Over	Obese
	Weight	Weight	Weight	(BMI≥
	(BMI	(BMI	(BMI 25-	30)
	<18.5)	18.5-	29.9)	
		24.9)		
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
4'9"	< 86	86-115	116-138	> 138
4'10''	< 89	89-119	120-143	> 143
4'11"	< 92	92-123	124-148	> 148
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5'1"	< 98	98-132	133-158	> 158
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5'4"	< 108	108-145	146-174	> 174
5'5"	< 111	111-149	150-179	> 179
5'6"	< 115	115-154	155-185	> 185
5'7"	< 118	118-159	160-191	> 191
5'8"	< 122	122-164	165-196	> 196
5'9"	< 125	125-168	169-202	> 202
5'10''	< 129	129-173	174-208	> 208
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6'	< 137	137-183	184-220	> 220
6'1"	< 140	140-189	190-227	> 227
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BMI = Weight (lbs.)/Height (in.)² X 703

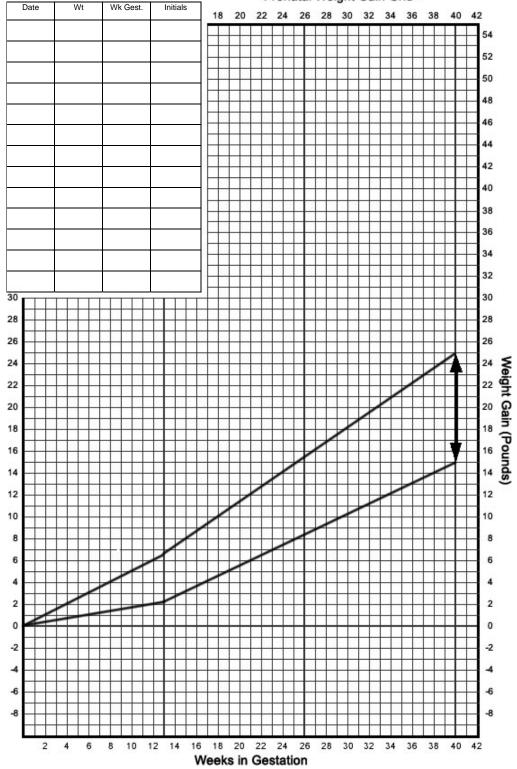
Recommended Weight Gain 1:

Single	Twins
28-40 lbs.	N/A
25-35 lbs.	37-54 lbs.
15-25 lbs.	31-50 lbs.
11-20 lbs.	25-42 lbs.
	28-40 lbs. 25-35 lbs. 15-25 lbs.

Pre-pregnancy Weight: _____

Height: _____

Pre-pregnancy Overweight Range Prenatal Weight Gain Grid²



¹IOM, 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: National Academies Press.

²Per Personal Communication with the Committee to Reexamine IOM Pregnancy Weight Guidelines

Name:			

Height	Under Weight (BMI <18.5)	Normal Weight (BMI 18.5-	Over Weight (BMI 25- 29.9)	Obese (BMI ≥ 30)
41711	. 00	24.9)	400 400	100
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
4'9"	< 86	86-115	116-138	> 138
4'10''	< 89	89-119	120-143	> 143
4'11''	< 92	92-123	124-148	> 148
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5'7"	< 118	118-159	160-191	> 191
5'8"	< 122	122-164	165-196	> 196
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6'	< 137	137-183	184-220	> 220
6'1"	< 140	140-189	190-227	> 227
6'2"	< 143	143-194	195-233	> 233
6'3"	< 148	149-199	200-239	> 239

BMI = Weight (lbs.)/Height (in.)² X 703

Recommended Weight Gain 1:

Mark One:	Single	Twins
Underweight	28-40 lbs.	N/A
Normal	25-35 lbs.	37-54 lbs.
Overweight	15-25 lbs.	31-50 lbs.
Obese	11-20 lbs.	25-42 lbs.

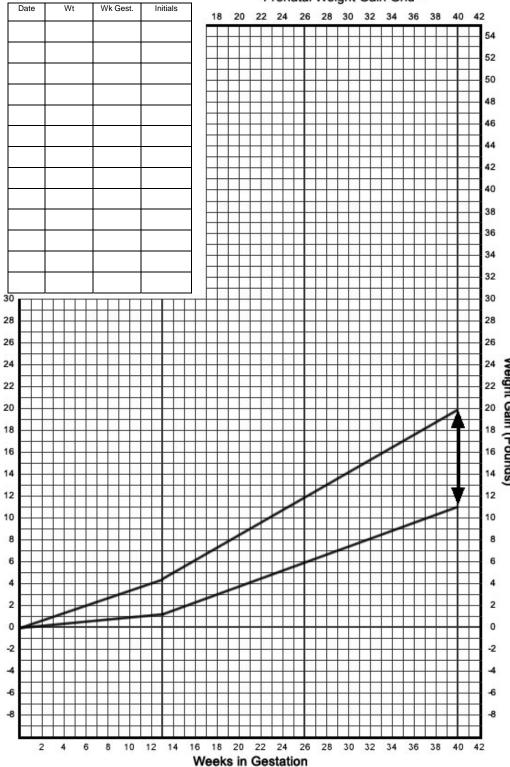
Pre-pregnancy Weight: _____

Height: __

¹IOM, 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: National Academies Press.

²Per Personal Communication with the Committee to Reexamine IOM Pregnancy Weight Guidelines

Pre-pregnancy Obese Weight Range Prenatal Weight Gain Grid²



Name:			

Height	Under	Normal	Over	Obese
	Weight	Weight	Weight	(BMI≥
	(BMI	(BMI	(BMI 25-	30)
	<18.5)	18.5-	29.9)	
		24.9)		
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
4'9"	< 86	86-115	116-138	> 138
4'10''	< 89	89-119	120-143	> 143
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6'1"	< 140	140-189	190-227	> 227
6'2"	< 143	143-194	195-233	> 233
6'3"	< 148	149-199	200-239	> 239

 $BMI = Weight (lbs.)/Height (in.)^2 X 703$

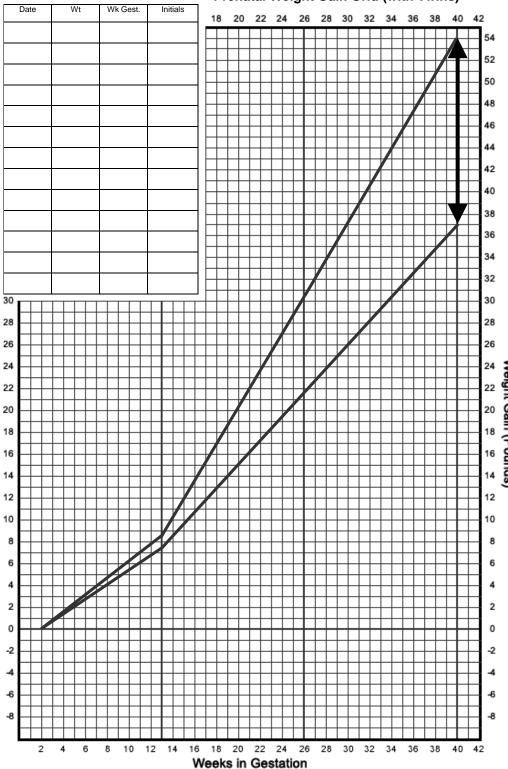
Recommended Weight Gain¹:

Mark One:	Single	Twins
Underweight	28-40 lbs.	N/A
Normal	25-35 lbs.	37-54 lbs.
Overweight	15-25 lbs.	31-50 lbs.
Obese	11-20 lbs.	25-42 lbs.

Pre-pregnancy Weight:

Height: _

Pre-pregnancy Normal Weight Range Prenatal Weight Gain Grid (with Twins)



¹ IOM, 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: National Academies Press.

Per Communication with Florida and California

WIC Programs

Name:			

Height	Under	Normal	Over	Obese
	Weight	Weight	Weight	(BMI≥
	(BMI	(BMI	(BMI 25-	30)
	<18.5)	18.5-	29.9)	
		24.9)		
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
4'9"	< 86	86-115	116-138	> 138
4'10''	< 89	89-119	120-143	> 143
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 $BMI = Weight (lbs.)/Height (in.)^2 X 703$

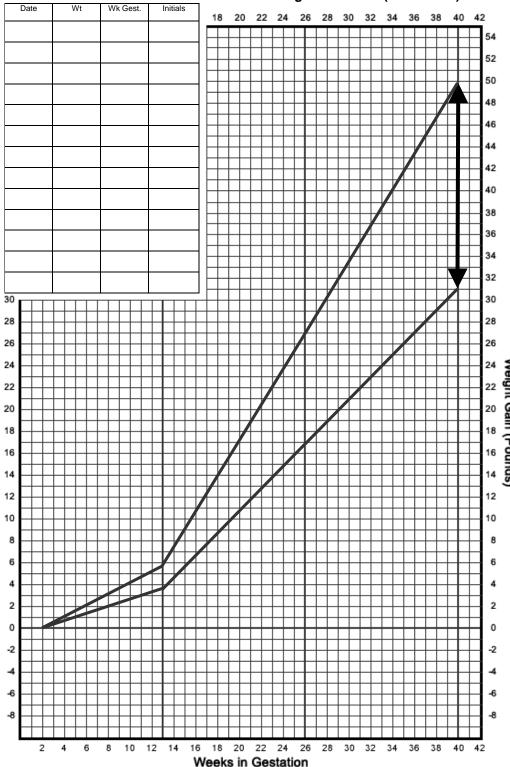
Recommended Weight Gain¹:

Mark One:	Single	Twins
Underweight	28-40 lbs.	N/A
Normal	25-35 lbs.	37-54 lbs.
Overweight	15-25 lbs.	31-50 lbs.
Obese	11-20 lbs.	25-42 lbs.

Pre-pregnancy Weight:

Height: _

Pre-pregnancy Overweight Range Prenatal Weight Gain Grid (with Twins)



¹ IOM, 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: National Academies Press.

Per Communication with Florida and California

WIC Programs

Height	Under	Normal	Over	Obese
	Weight	Weight	Weight	(BMI≥
	(BMI	(BMI	(BMI 25-	30)
	<18.5)	18.5-	29.9)	,
		24.9)		
4'7"	< 80	80-107	108-128	> 128
4'8"	< 83	83-111	112-133	> 133
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BMI = Weight (lbs.)/Height (in.)² X 703

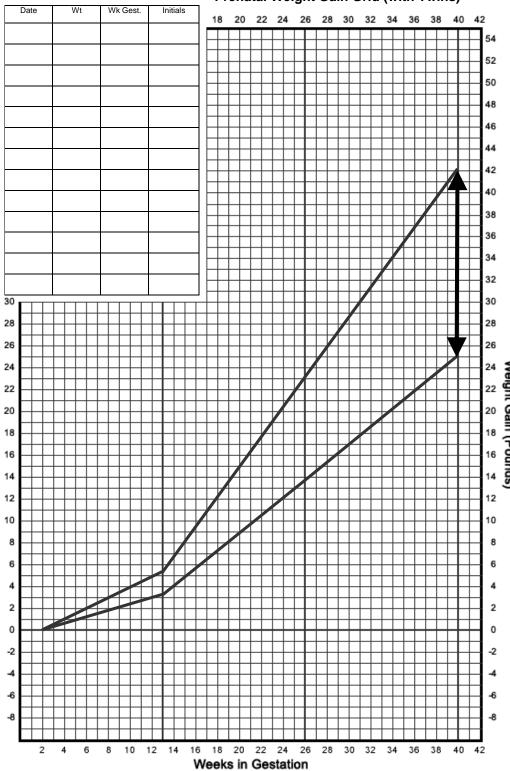
Recommended Weight Gain¹:

Mark One:	Single	Twins
Underweight	28-40 lbs.	N/A
Normal	25-35 lbs.	37-54 lbs.
Overweight	15-25 lbs.	31-50 lbs.
Obese	11-20 lbs.	25-42 lbs.

Pre-pregnancy Weight:

Height: _

Pre-pregnancy Obese Range Prenatal Weight Gain Grid (with Twins) ²



¹ IOM, 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: National Academies Press.

Per Communication with Florida and California

WIC Programs