

## 2009 US Institute of Medicine Recommended Prenatal Weight Gains

<u>BMI Category</u>	<u>BMI Range</u>	<u>Recommended Weight Gain</u>	
		<u>kg</u>	<u>lb</u>
Underweight	(BMI <18.5)	12.5-18.0	28-40
Normal weight	(BMI 18.5-24.9)	11.4-15.9	25-35
Overweight	(BMI 25.0-29.9)	6.8-11.4	15-25
Obese	(BMI > 30.0)	5.0 - 9.0	11-20

BMI categories match World Health Organization definitions.  
Recommended weight gain is substantially lowered since 1980s