Pregnancy Weight Gain Graphs for Singletons
(Overweight or Obese – Pre-pregnant BMI)

Step 1: Assess and Advise
- Calculate pre-pregnant BMI at initial visit
- Provide individualized weight gain recommendations based on BMI category
- Discuss an appropriate rate and pattern of weight gain

Step 2: Consider Referral to a Registered Dietitian When
- Woman has a concurrent medical condition with an impact on nutrition (e.g., hyperemesis, bowel diseases)
- Woman has an eating disorder, or a history of an eating disorder
- Woman is less than 20 years old
- Woman expresses concerns around weight gain or body changes
- Pregnancy weight trend indicates inadequate or excessive weight gain

Step 3: Support
- Reassure weight gain is an important part of pregnancy related to fetal development
- Reinforce consistent and appropriate weight gain (especially in the 2nd and 3rd trimesters)

**Overweight**
Pre-Pregnant BMI: 25.0–29.9
Total weight gain for pregnancy: 15–25 lbs (7–11.5 kg)
Mean weight gain rate in 2nd & 3rd trimesters: 0.6 lb/week (0.3 kg/week)

Pre-Pregnant BMI: _________

- Inadequate Weight Gain
  - Weight gain below the shaded area
  - Loss below pre-pregnancy weight in 1st trimester
  - Loss in 2nd or 3rd trimester

- Excessive Weight Gain
  - Weight gain above the shaded area
  - Gain of 7 or more lbs (3 kg) per month

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**Obese**

Pre-Pregnant BMI: greater than or equal to 30  
Total weight gain for pregnancy: 11–20 lbs (5–9 kg)  
Mean weight gain rate in 2\(^{nd}\) & 3\(^{rd}\) trimesters: 0.5 lb/week (0.2 kg/week)

Pre-Pregnant BMI: __________

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**Inadequate Weight Gain**
- Weight gain below the shaded area
- Loss below pre-pregnancy weight in 1\(^{st}\) trimester
- Loss in 2\(^{nd}\) or 3\(^{rd}\) trimester

**Excessive Weight Gain**
- Weight gain above the shaded area
- Gain of 7 or more lbs (3 kg) per month

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