**Gestational Weight Gain CHARTS**

A tool for health care providers to support women in having healthy weights when planning a pregnancy, during pregnancy, and postpartum.

<table>
<thead>
<tr>
<th>Pre-Pregnancy BMI</th>
<th>Weight Gain (kg)</th>
<th>Weight Gain (lb)</th>
<th>Monitoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 18.5</td>
<td>12.5 - 18.0</td>
<td>28 – 40</td>
<td>Use chart with green shading</td>
</tr>
<tr>
<td>18.5 - 24.9</td>
<td>11.5 - 16.0</td>
<td>25 – 35</td>
<td>Use chart with blue shading</td>
</tr>
<tr>
<td>25.0 - 29.9</td>
<td>7.0 – 11.5</td>
<td>15 – 25</td>
<td>Use chart with yellow shading</td>
</tr>
<tr>
<td>30 or greater*</td>
<td>5.0 - 9.0</td>
<td>11-20</td>
<td>Use chart with orange shading</td>
</tr>
</tbody>
</table>

* Women with a BMI of 35 or greater may have personalized weight gain recommendations that are lower than this range. Health care providers are to determine individualized, healthy weight patterns for women with a BMI of 35 or greater.

**Body Mass Index (BMI) = weight (kg)/ [height (m)]\(^2\).**

To calculate BMI, use Health Canada’s Nomogram:

**Multiple Gestations:**

Women pregnant with twins:

<table>
<thead>
<tr>
<th>Pre-Pregnancy BMI</th>
<th>Weight Gain (kg)</th>
<th>Weight Gain (lb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.5 - 24.9</td>
<td>17 - 25</td>
<td>37 – 54</td>
</tr>
<tr>
<td>25 – 29.9</td>
<td>14 – 23</td>
<td>31 – 50</td>
</tr>
<tr>
<td>30 or greater</td>
<td>11 – 19</td>
<td>25 – 42</td>
</tr>
</tbody>
</table>

Currently Health Canada does not have recommendations for women with a BMI less than 18.5 who are pregnant with twins.

Currently Health Canada does not have recommendations for gestations of three or more babies. However, higher weight gain than with a twin pregnancy is expected.

Gestational Weight Gain

CHARTS

A tool for health care providers to support women in having healthy weights when planning a pregnancy, during pregnancy, and postpartum.

www.perinatalservicesbc.ca

The “right” amount of weight to gain during pregnancy is a balance based on avoiding the risks associated with too little and too much weight gain. There is no “one-size-fits-all” recommendation. Generally, it is recommended that most women follow the guidelines below. Health care providers can use the guidelines to determine a healthy weight pattern for individual women.

This chart is for women whose pre-pregnancy BMI is less than 18.5.

The recommended weight gain is within the green (shaded) region.

<table>
<thead>
<tr>
<th>Weight Gain Review</th>
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<tbody>
<tr>
<td>Date</td>
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</table>

Calculating Body Mass Index (BMI)

\[ \text{BMI} = \text{weight (kg)} \div \left(\text{height (m)}\right)^2 \text{ or } \left[\text{weight (lb)} \times 703\right] \div \left[\text{height (in)}\right]^2 \]

1. Take your weight in pounds and multiply by 703: \( \text{____ (lb)} \times 703 = \text{____} \)
2. Multiply your height in inches by itself: \( \text{____ (inches)} \times \text{____ (inches)} \)
3. Divide your answer in 1 by your answer in 2. This is your BMI.

\[ \text{e.g. A woman who is 145 lb and 5 foot 5 inches would have a BMI of } \frac{145 \times 703}{65 \times 65} = 24.1 \text{ BMI} \]

Healthy eating and being active most days are the best ways to promote a healthy weight and a healthy pregnancy.

For more information on healthy eating, physical activity, and healthy weight during pregnancy and postpartum go to www.healthyweightBC.ca

Health Canada: Nutrition for a Healthy Pregnancy - National Guidelines for the Childbearing Years, 1999

Adapted with permission from the Division of Nutritional Sciences, Cornell University, Funded by NIH Grant #DK57439.
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Calculating Body Mass Index (BMI)

1. Take your weight in pounds and multiply by 703: ___ (lb) x 703 = ___

2. Multiply your height in inches by itself: ___ (inches) x ___ (inches)

3. Divide your answer in 1 by your answer in 2. This is your BMI.
   e.g. A woman who is 145 lb and 5 foot 5 inches would have a BMI of \( \frac{145 \times 703}{65 \times 65} = 24.1 \) BMI

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Pre-Pregnancy BMI: 18.5 - 24.9
Weight Gain (kg): 11.5 - 16.0
Weight Gain (lb): 25 - 35

This chart is for women whose pre-pregnancy BMI is between 18.5 - 24.9.
The recommended weight gain is within the blue (shaded) region.
Gestational Weight Gain CHARTS

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This chart is for women whose pre-pregnancy BMI is between 25 - 29.9.

The recommended weight gain is within the yellow (shaded) region.

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Pre-Pregnancy BMI:
Greater than 25.0 - 29.9

Weight Gain (kg):
7.0 - 11.5

Weight Gain (lbs):
15 - 25

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Calculating Body Mass Index (BMI)

\[
BMI = \frac{\text{weight (kg)}}{[\text{height (m)}]^2} \quad \text{or} \quad \frac{\text{weight (lb) \times 703}}{[\text{height (in)}]^2}
\]

1. Take your weight in pounds and multiply by 703: \(____ \text{ (lb) \times 703} = ____\)
2. Multiply your height in inches by itself: \(____ \text{ (inches) \times ____ (inches)}\)
3. Divide your answer in 1 by your answer in 2. This is your BMI.
   e.g. A woman who is 145 lb and 5 foot 5 inches would have a BMI of \(\frac{145 \times 703}{65 \times 65} = \text{24.1 BMI}\)
The “right” amount of weight to gain during pregnancy is a balance, based on avoiding the risks associated with too little and too much weight gain. There is no “one-size-fits-all” recommendation. Generally, it is recommended that most women follow the guidelines below. Health care providers can use the guidelines to determine a healthy weight pattern for individual women.

Pre-Pregnancy BMI: 30 or greater
Weight Gain (kg): 5.0 - 9.0
Weight Gain (lbs): 11 - 20

This chart is for women whose pre-pregnancy BMI is 30 or greater*. The recommended weight gain is within the orange (shaded) region.

Calculating Body Mass Index (BMI)

\[ \text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2} \text{ or } \frac{\text{weight (lb) x 703}}{\text{height (in)}^2} \]

1. Take your weight in pounds and multiply by 703: ___ (lb) x 703 = ___
2. Multiply your height in inches by itself: ___ (inches) x ___ (inches)
3. Divide your answer in 1 by your answer in 2. This is your BMI.
   e.g. A woman who is 145 lb and 5 foot 5 inches would have a BMI of \( \frac{145 \times 703}{65 \times 65} = 24.1 \) BMI

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