

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: _____

Weight Categories for Women According to Height and Pre-pregnancy Weight (lbs)¹:

Height	Under Weight (BMI <18.5)	Normal Weight (BMI 18.5-24.9)	Over Weight (BMI 25-29.9)	Obese (BMI ≥ 30)
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 Gain¹:

Mark One:	Single	Twins
<input type="checkbox"/>	Underweight 28-40 lbs.	N/A
<input type="checkbox"/>	Normal 25-35 lbs.	37-54 lbs.
<input type="checkbox"/>	Overweight 15-25 lbs.	31-50 lbs.
<input type="checkbox"/>	Obese 11-20 lbs.	25-42 lbs.

Pre-pregnancy Weight: _____

Height: _____

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

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

Pre-pregnancy Overweight Range Prenatal Weight Gain Grid²



