

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.healthypregnancyBC.ca

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

* 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:

www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart_java-graph_imc_java-eng.php

Multiple Gestations:

Women pregnant with twins:

Pre-Pregnancy BMI	Weight Gain (kg)	Weight Gain (lb)
18.5 - 24.9	17 - 25	37 - 54
25 - 29.9	14 - 23	31 - 50
30 or greater	11 - 19	25 - 42

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

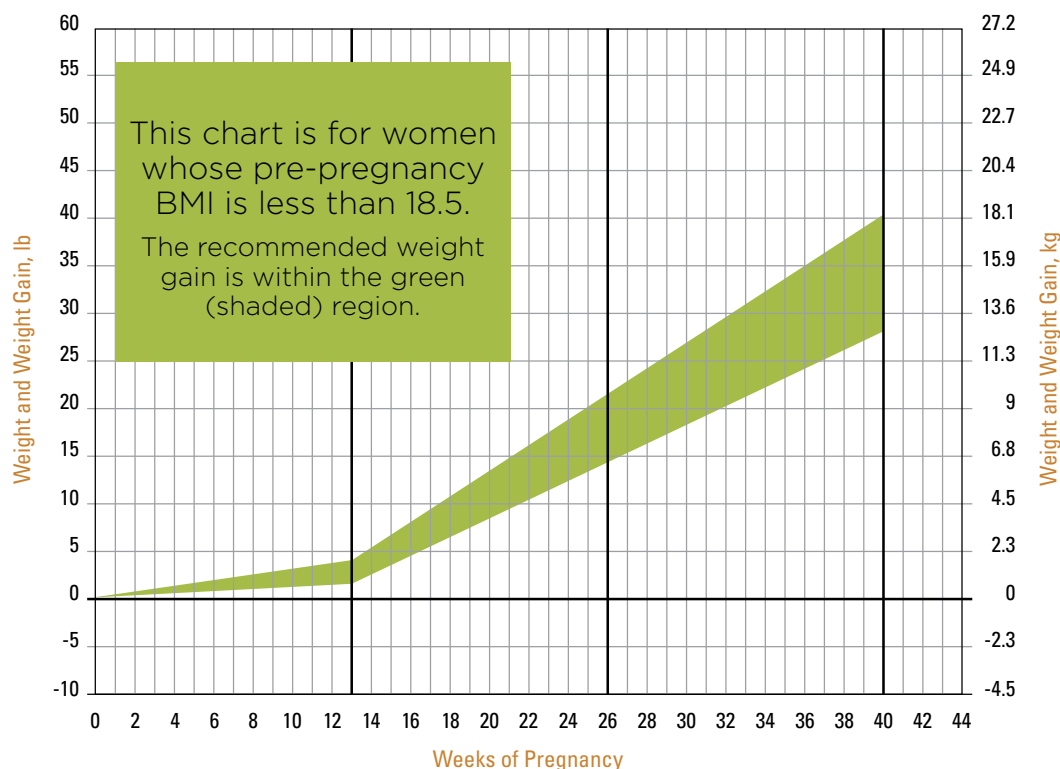
Currently Health Canada does not have recommendations for gestations of three or more babies. However, higher weight gain than with a twin pregnancy is expected.

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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:
Less than 18.5

Weight Gain (kg):
12.5 - 18.0

Weight Gain (lb):
28-40

Weight Gain Review

Date	Comments

Calculating Body Mass Index (BMI)

BMI = weight (kg) ÷ [height (m)]² or [weight (lb) x 703] ÷ [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

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

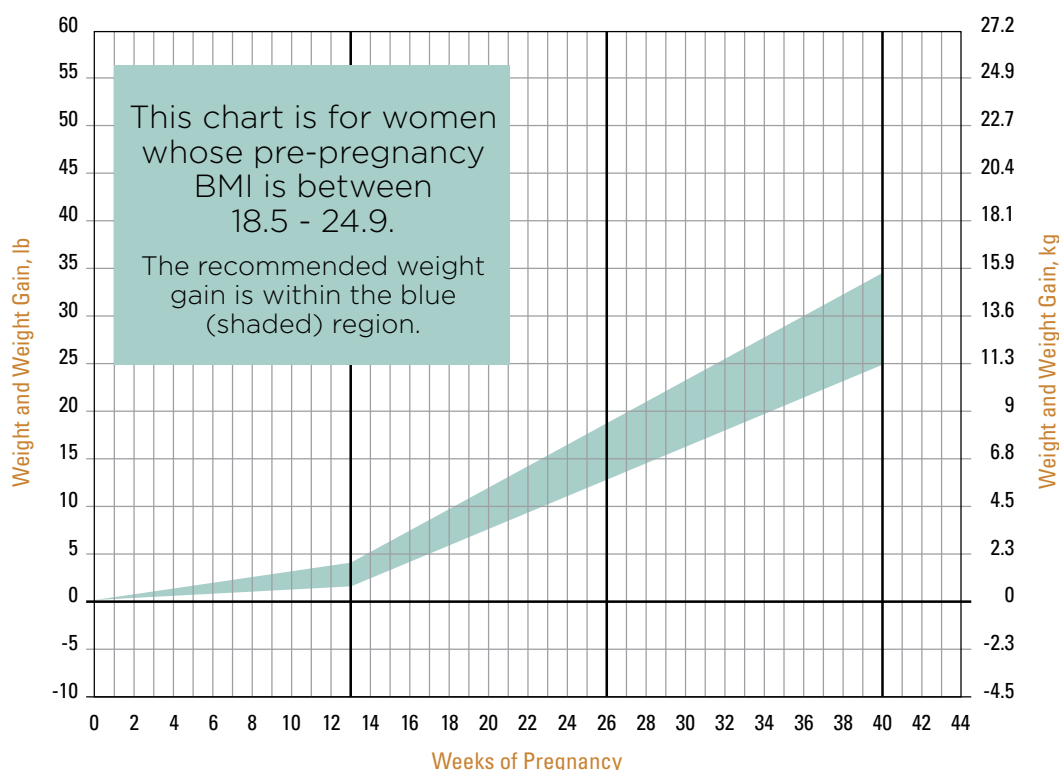
For more information on healthy eating, physical activity, and healthy weight during pregnancy and postpartum go to www.healthyweightBC.ca

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Pre-Pregnancy BMI:
18.5 - 24.9

Weight Gain (kg):
11.5 - 16.0

Weight Gain (lb):
25 - 35

Weight Gain Review

Date	Comments

Calculating Body Mass Index (BMI)

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

1. Take your weight in pounds and multiply by 703: $\text{___ (lb)} \times 703 = \text{___}$
2. Multiply your height in inches by itself: $\text{___ (inches)} \times \text{___ (inches)}$
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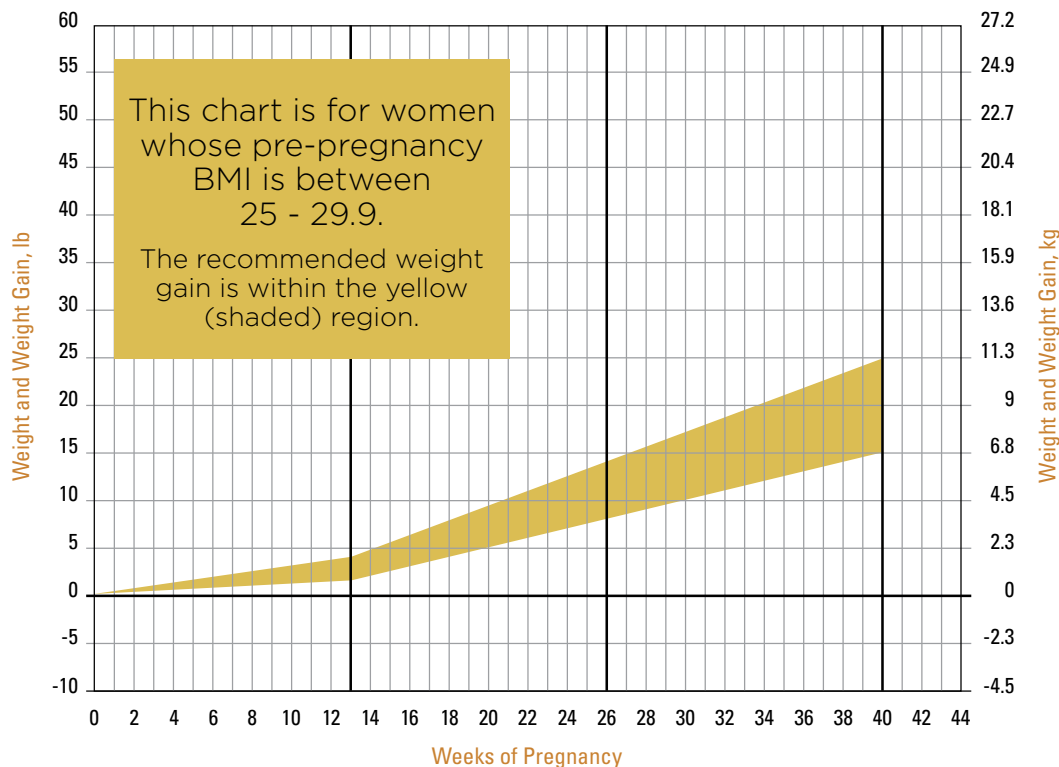
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Pre-Pregnancy BMI:
Greater than 25.0 - 29.9

Weight Gain (kg):
7.0 - 11.5

Weight Gain (lbs):
15 - 25

Weight Gain Review

Date	Comments

Calculating Body Mass Index (BMI)

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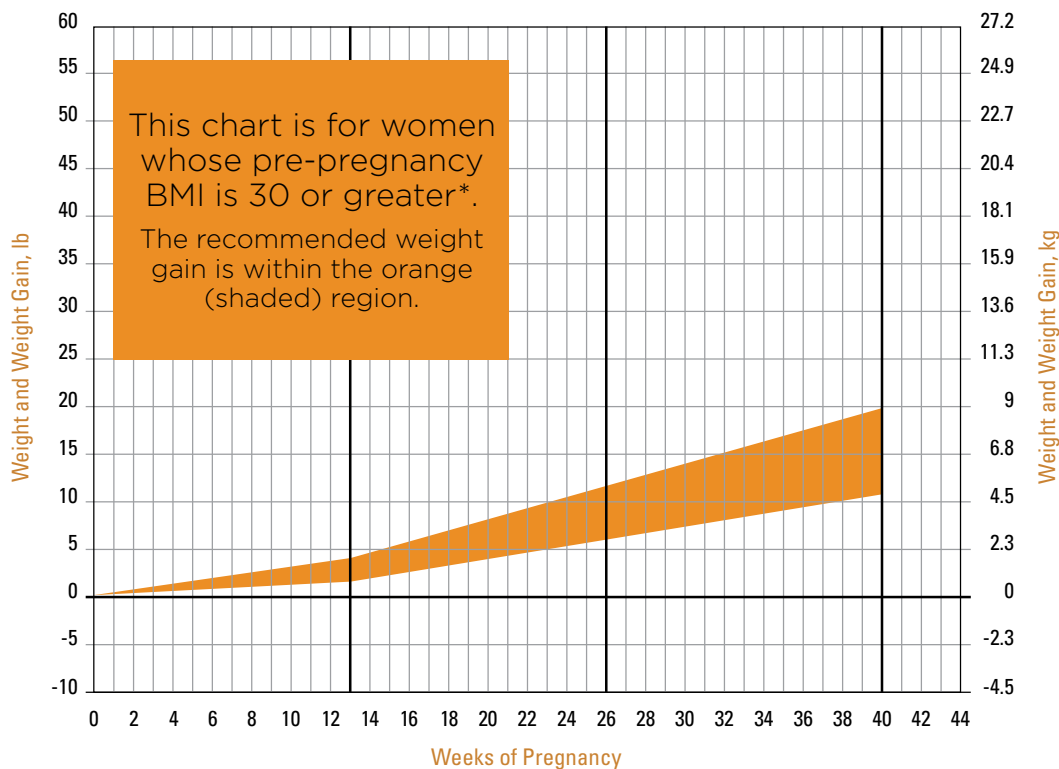
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Pre-Pregnancy BMI:

30 or greater

Weight Gain (kg):

5.0 - 9.0

Weight Gain (lbs):

11 - 20

Weight Gain Review

Date	Comments

* Women with a BMI of 35 or greater may have personalized weight recommendations that do not follow this chart.

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