Weight gain in pregnancy

Most women are recommended to gain between 10kg (22lb) and 12.5kg (28lb) during their pregnancy

- **BMI UNDER 18.5**
  - Recommended to gain 28–40lbs (13–18kg)
  - Women who are underweight

- **BMI 18.5–24.9**
  - Recommended to gain 25–35lbs (11–16kg)
  - Women in the normal weight range

- **BMI 25–29.9**
  - Recommended to gain 15–25lbs (7–11kg)
  - Women who are overweight

- **BMI 30 OR MORE**
  - Recommended to gain 11–20lbs (5–9kg)
  - Women who are affected by obesity