

# 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](http://www.healthypregnancyBC.ca)

Pre-Pregnancy BMI	Weight Gain (kg)	Weight Gain (lb)	Monitoring
Less than 20	12.5 - 18.0	28 - 40	Use chart with green shading
20 - 27	11.5 - 16.0	25 - 35	Use chart with blue shading
Greater than 27*	7.0 - 11.5	15 - 25	Use chart with yellow shading

\* Women with a BMI of 30 or greater may have personalized weight gain recommendations that are different from this range, including no weight gain or even a small weight loss. Health care providers are to determine individualized, healthy weight patterns for women with a BMI of 30 or greater.

**Body Mass Index (BMI) = weight (kg)/ [height (m)]<sup>2</sup>.**

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

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## Multiple Gestations:

### Women pregnant with twins:

**BMI < 20:** gestational weight gain throughout the entire pregnancy with a weekly weight gain rate of at least 0.8 kg (1.75 lb) after 20 weeks of gestation.

**BMI 20 - 27:** gestational weight gain of 16.0 to 20.5 kg (35 to 45 lb) at a rate of 0.7 kg (1.5 lb) each week during the second and third trimesters.

Currently Health Canada does not have recommendations for women with a BMI greater than 27 who are pregnant with twins.

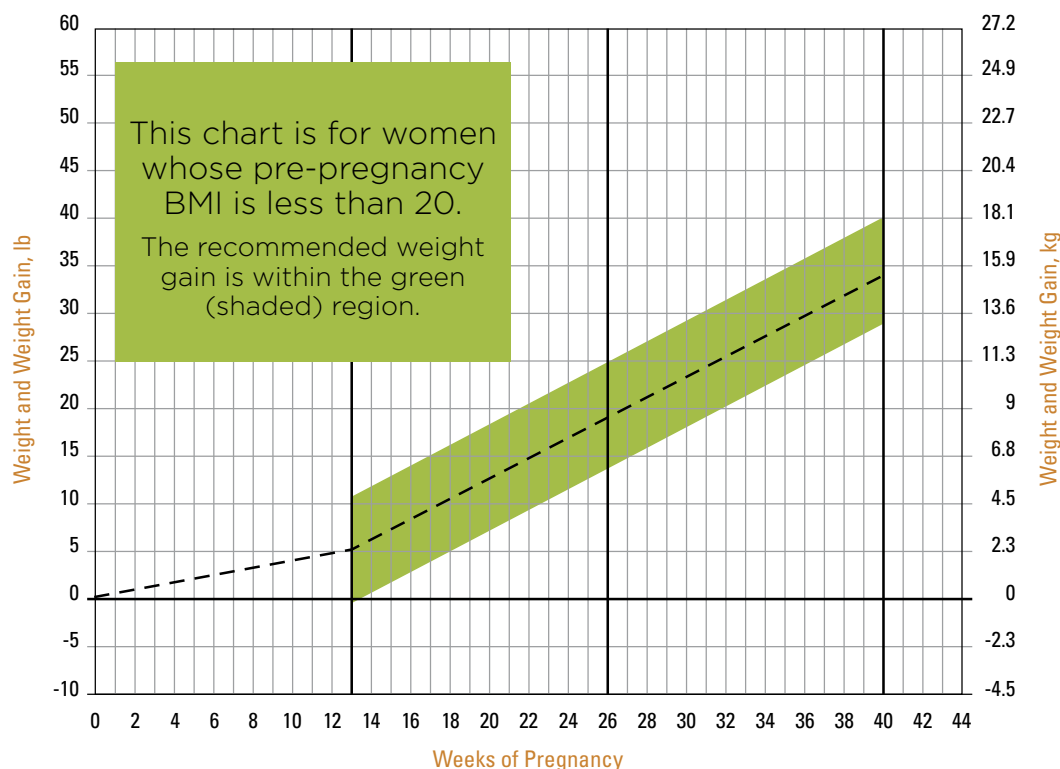
Currently Health Canada does not have recommendations for gestations of three or more babies. However, higher weight gain than with a twin pregnancy is expected.

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**Pre-Pregnancy BMI:**  
Less than 20

**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)]<sup>2</sup> or [weight (lb) x 703] ÷ [height (in)]<sup>2</sup>**

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.

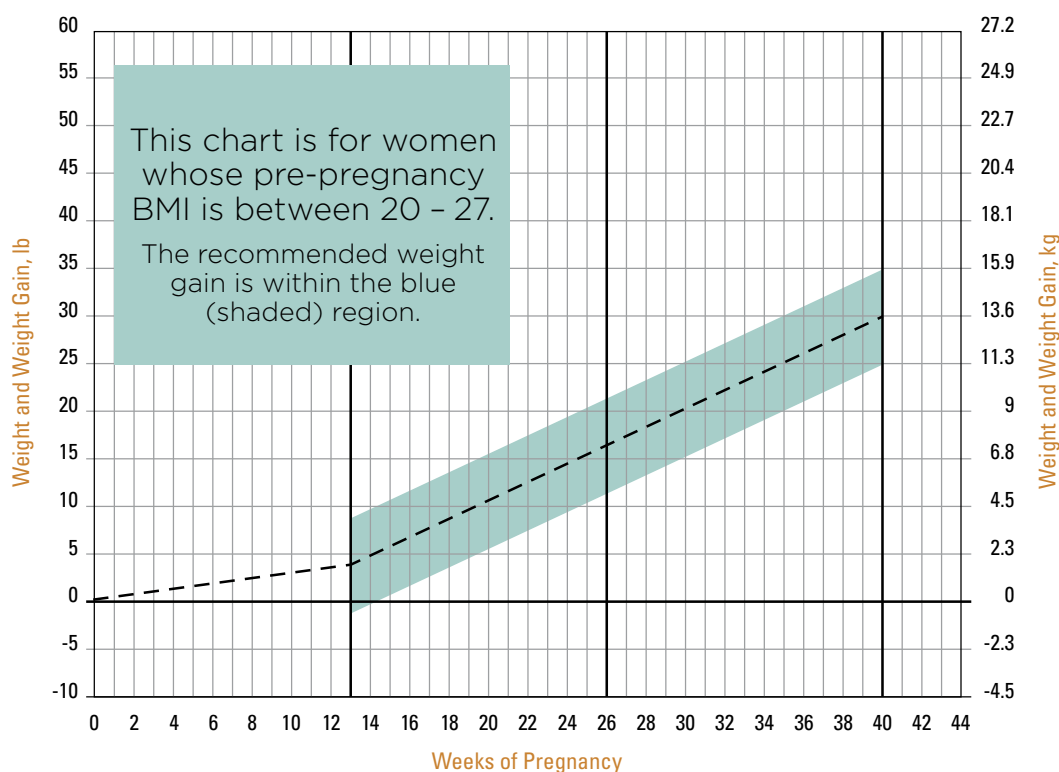
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**Pre-Pregnancy BMI:**  
20-27

**Weight Gain (kg):**  
11.5 - 16.0

**Weight Gain (lb):**  
25 - 35

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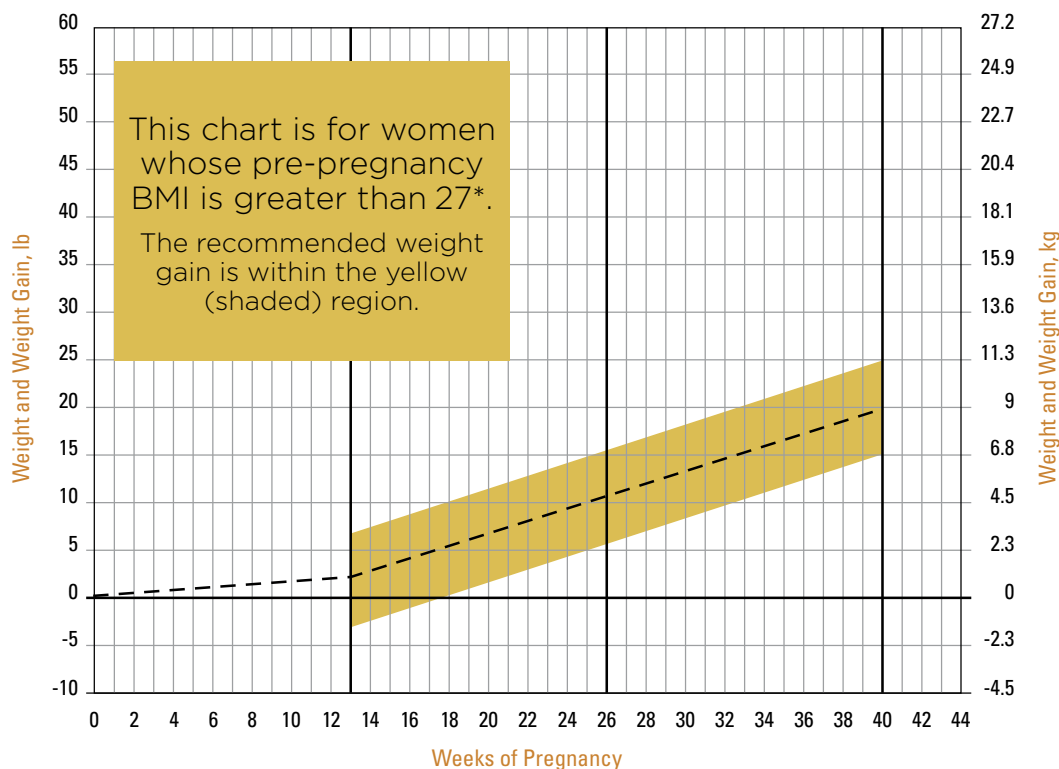
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### Pre-Pregnancy BMI:

Greater than 27

### Weight Gain (kg):

7.0 - 11.5

### Weight Gain (lbs):

15 - 25

### Weight Gain Review

Date	Comments

\*Women with a BMI greater than 29.9 may have personalized weight recommendations that do not follow this chart.

## Calculating Body Mass Index (BMI)

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

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