

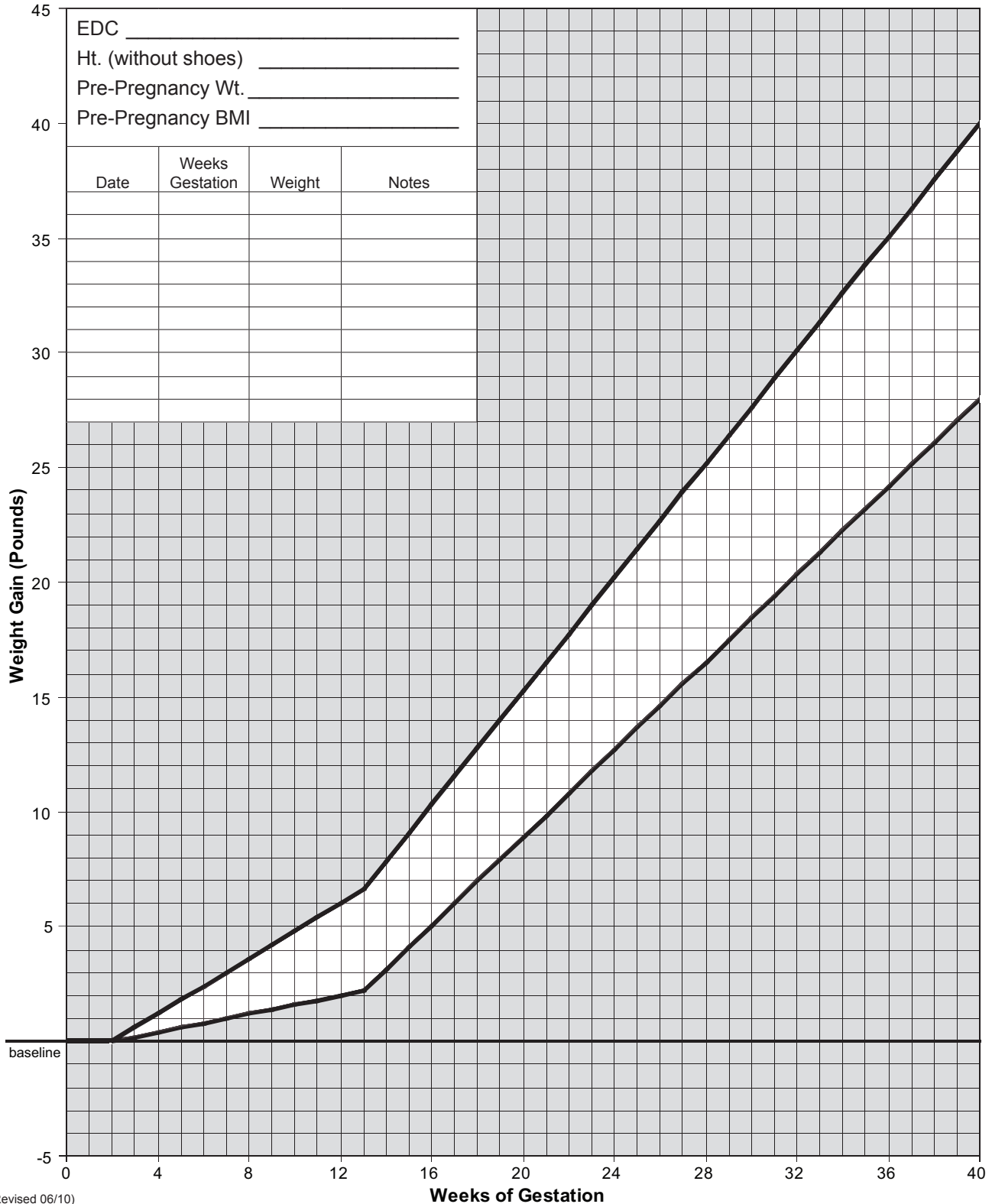
WV WIC PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Underweight
BMI <18.5**

Weight Gain Recommendations (singleton):

- ◆ 2.2–6.6 lb. gain 1st trimester
- ◆ 1 lb. gain per week 2nd and 3rd trimesters
- ◆ 28–40 lb. total weight gain

Last Name	First Name
Participant WIC I.D.	



DHHS 2388 (Revised 06/10)
 Women's and Children's Health Section (Review 06/13)
 Source: Institute of Medicine, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, DC. National Academies Press; Committee to Reexamine IOM Pregnancy Guidelines.
 Created by N.C. Department of Health and Human Services Women's and Children's Health Section