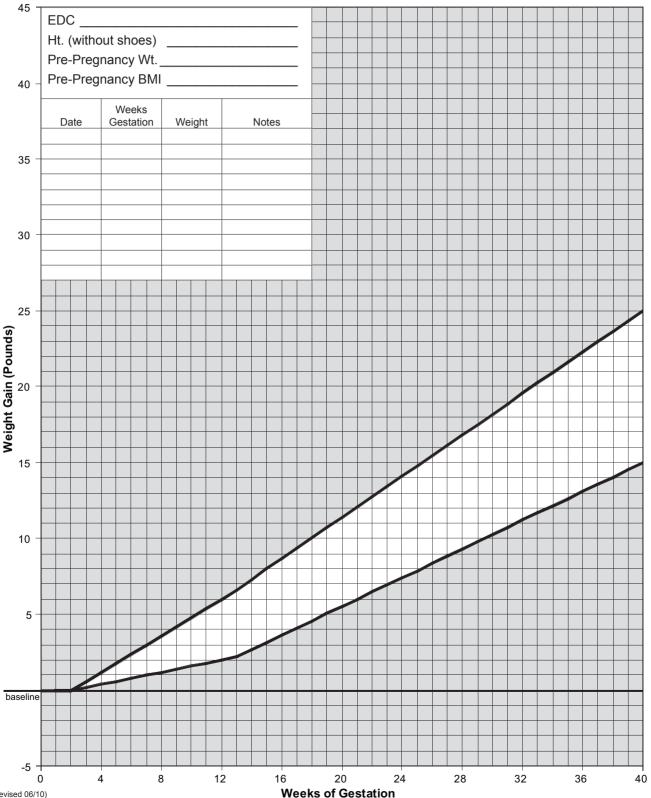
WV WIC PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Overweight BMI 25.0-29.9

Weight Gain Recommendations (singleton):

- ♦ 2.2–6.6 lb. gain 1st trimester
- ♦ 0.6 lb. gain per week 2nd and 3rd trimesters
- ♦ 15-25 lb. total weight gain

rst Name



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