

**Table 1.** Recommended weight gains and speed of weight gain based on the prenatal weight\*

		Recommended total gain	Recommended speed of weight gain
Weight compared to height	BMI (kg/m <sup>2</sup> )	kg	kg/month
Low weight	< 19.8	12.5-18	2.3
Normal weight	19.8-26.0	11.5-16	1.8
Excessive weight	> 26.0-29.0	7-11.5	1.2
Obese	> 29.0	at least 7	0.9

(\*) Institute of Medicine. Nutrition During Pregnancy. Part I Weight Gain. Washington DC: Food and Nutrition Board. National Academy of Sciences, 1990.