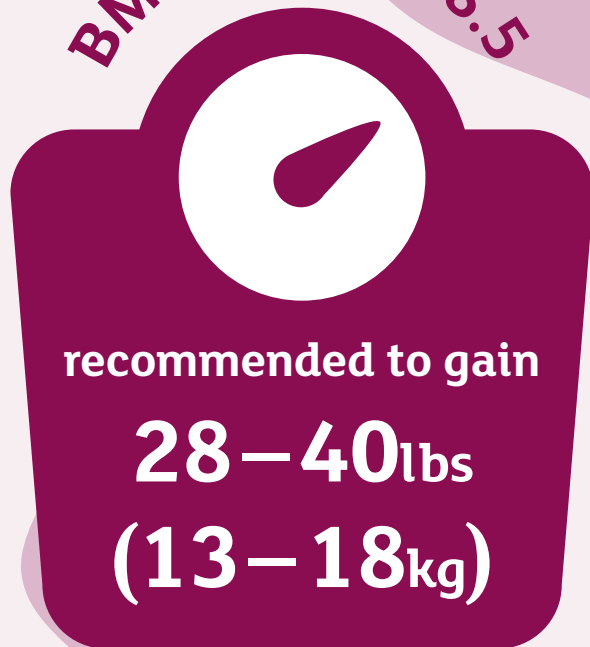


# Weight gain in pregnancy

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

BMI UNDER 18.5



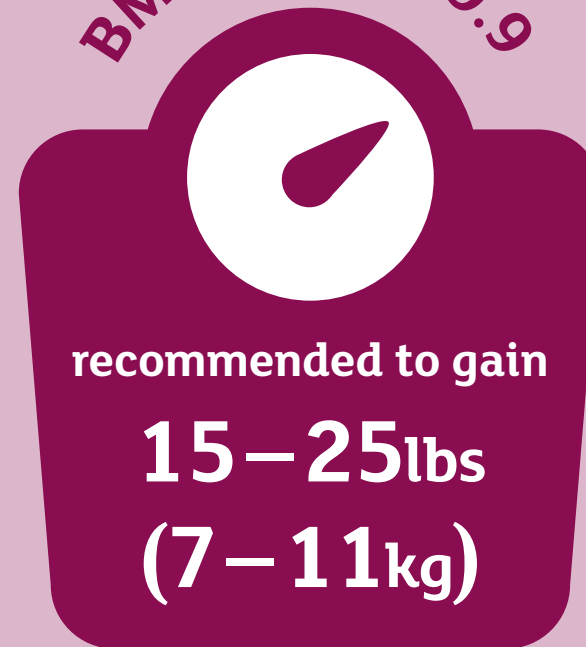
women who are  
underweight

BMI OF 18.5–24.9



women in the normal  
weight range

BMI OF 25–29.9



women who are  
overweight

BMI OF 30 OR MORE



Women who are  
affected by obesity