

Live well. Eat well. For yourself. For your baby.

Step 1

Determine body mass index and recommended weight gain:

BMI	Pre-Pregnancy Weight Range	Recommended Weight Gain
< 19.8	Under Weight	28 – 40 lbs.
19.8 – 26	Normal Weight	25 – 35 lbs.
> 26.0 - 29	Over Weight	15 – 25 lbs.

Step 2

Monitor rate of weight gain during pregnancy:

The rate of weight gain is just as important as total weight gain.

1st trimester:		2-4 lbs.
2nd and 3rd trimester:	normal weight:	slightly less than 1 lb./week
	underweight:	slightly more than 1 lb./week
	overweight:	slightly more than 1/2 lb./week

The weight gain rate for the obese woman should be set by her physician.





How to Calculate BMI

$$\text{BMI} = \text{Weight in pounds} \div \text{Height in inches} \div \text{Height in inches} \times 703$$

Note: Fractions and ounces must be entered as decimal values.
Use the conversion chart below to determine the decimals.

Conversion Chart

Fraction	Ounces	Decimal
1/8	2 oz.	.125
1/4	4 oz.	.25
3/8	6 oz.	.375
1/2	8 oz.	.5
5/8	10 oz.	.625
3/4	12 oz.	.75
7/8	14 oz.	.875

Example: A 133 pound 4 ounce woman is 63 5/8 inches tall.
BMI= $133.25 \div 63.625 \div 63.625 \times 703$
BMI= 23.1

Bookmark the following website that has a BMI calculator:
www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm

