



The Center for Women  
*Obstetrics & Gynecology*

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## How much weight should I gain during my pregnancy?

It depends on how much you weighed before you conceived and how appropriate that weight is for your height. The relationship between your height and weight is expressed in a number called a "body mass index," or BMI. Your physician can give you BMI to you at your visits.

The guidelines for pregnancy weight gain are issued by the Institute of Medicine (IOM), most recently in May 2009. Here are the most current recommendations:

**Healthy weight (BMI of 18.5 to 24.9):** If your pre-pregnancy weight was in the healthy range for your height at conception you should gain between 25 and 35 pounds, gaining 1 to 5 pounds in the first trimester and about 1 pound per week for the rest of your pregnancy for the optimal growth of your baby.

**Underweight (BMI below 18.5):** If you were underweight for your height you should gain 28 to 40 pounds.

**Overweight (BMI of 25 to 29.9):** If you were overweight for your height you should gain 15 to 25 pounds.

**Obese (a BMI of 30 or higher):** If you were obese for your height you should gain between 11 and 20 pounds.

**Carrying twins:** If you're having twins you should gain 37 to 54 pounds if you started at a healthy weight, 31 to 50 pounds if you were overweight, and 25 to 42 pounds if you were obese.

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