

## Normal Weight Gain in Pregnancy

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Category	Pre-Pregnancy BMI	Weight Gain (lbs)	Rates of weight gain in 2nd and 3rd trimester per week (lbs)
Underweight	<18.5	28-40	1 (1-1.3)
Normal weight	18.5-24.9	25-35	1 (0.8-1)
Overweight	25.0-29.9	15-25	0.6 (0.5-0.7)
Obese	30 or greater	11-20	0.5 (0.4-0.6)