## Weight gain in pregnancy

Shi UNDER

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



women who are underweight



women in the normal weight range



women who are overweight



Published: Aug 2016 Review date: Aug 2019 Send feedback to: mailbox@tommys.org

Source: Institute of Medicine. Weight gain during pregnancy: reexamining the guidelines. Washington, DC: National Academies Press; 2009



ANI OF 30

Women who are affected by obesity

## Tommy's