

Guidelines on

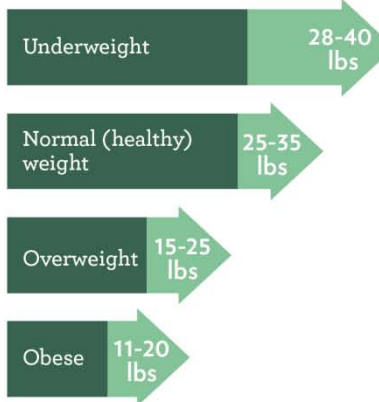
Weight Gain & Pregnancy

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How Much Weight Should You Gain When You're Pregnant?

If before
pregnancy
you are...

During
pregnancy,
you should gain...



The best way to begin pregnancy is at a healthy weight. But no matter how much you weigh before becoming pregnant, how much weight you gain during pregnancy is important!

For more information about healthy weight gain during pregnancy, check out the IOM's free informative booklets for women and their health care providers at www.iom.edu/healthypregnancy.

Board on Children, Youth, and Families
Food and Nutrition Board

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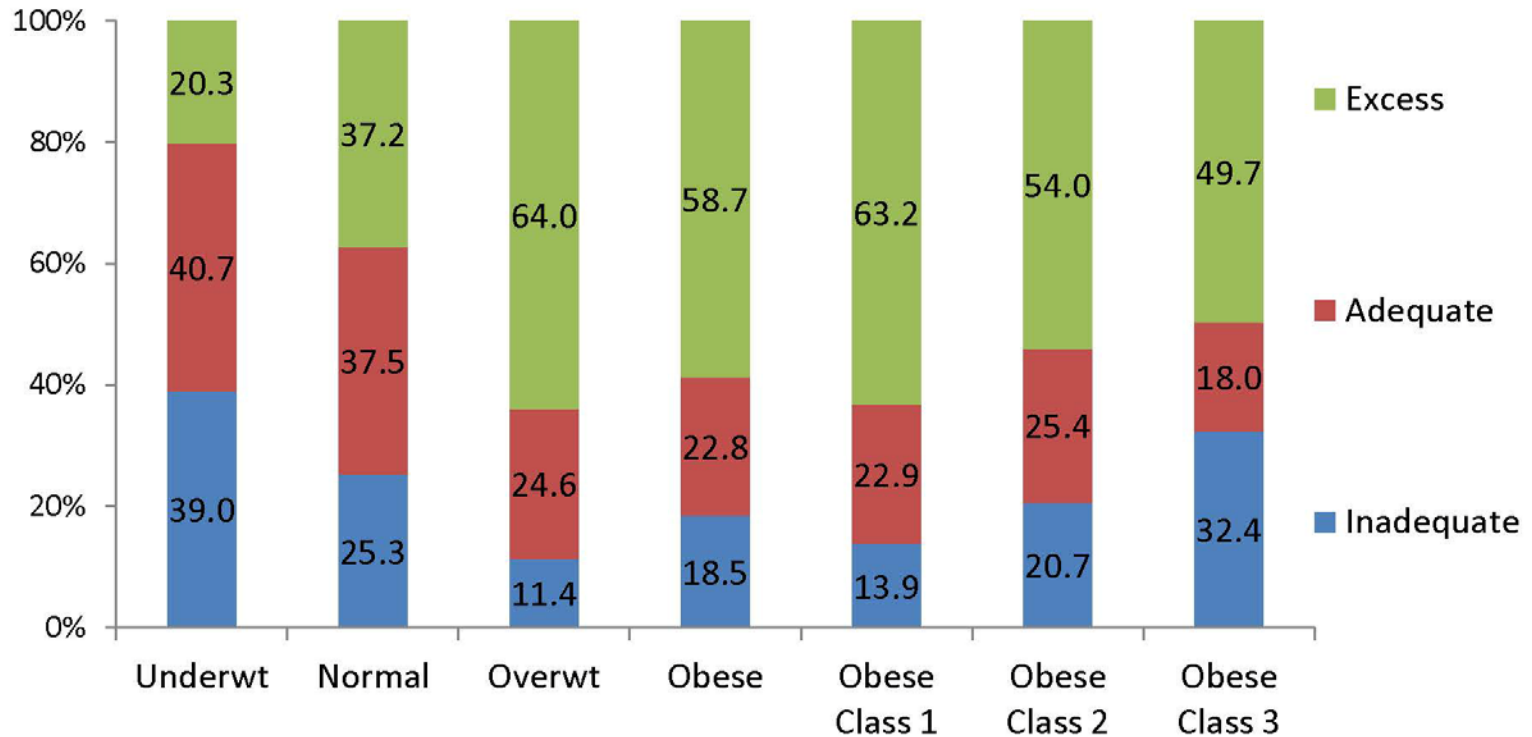
iom.edu/healthypregnancy
[/theIOM](https://www.facebook.com/theIOM)
[#WhatToGain](https://twitter.com/theIOM)



Proportion Meeting Gestational Weight Gain Recommendations

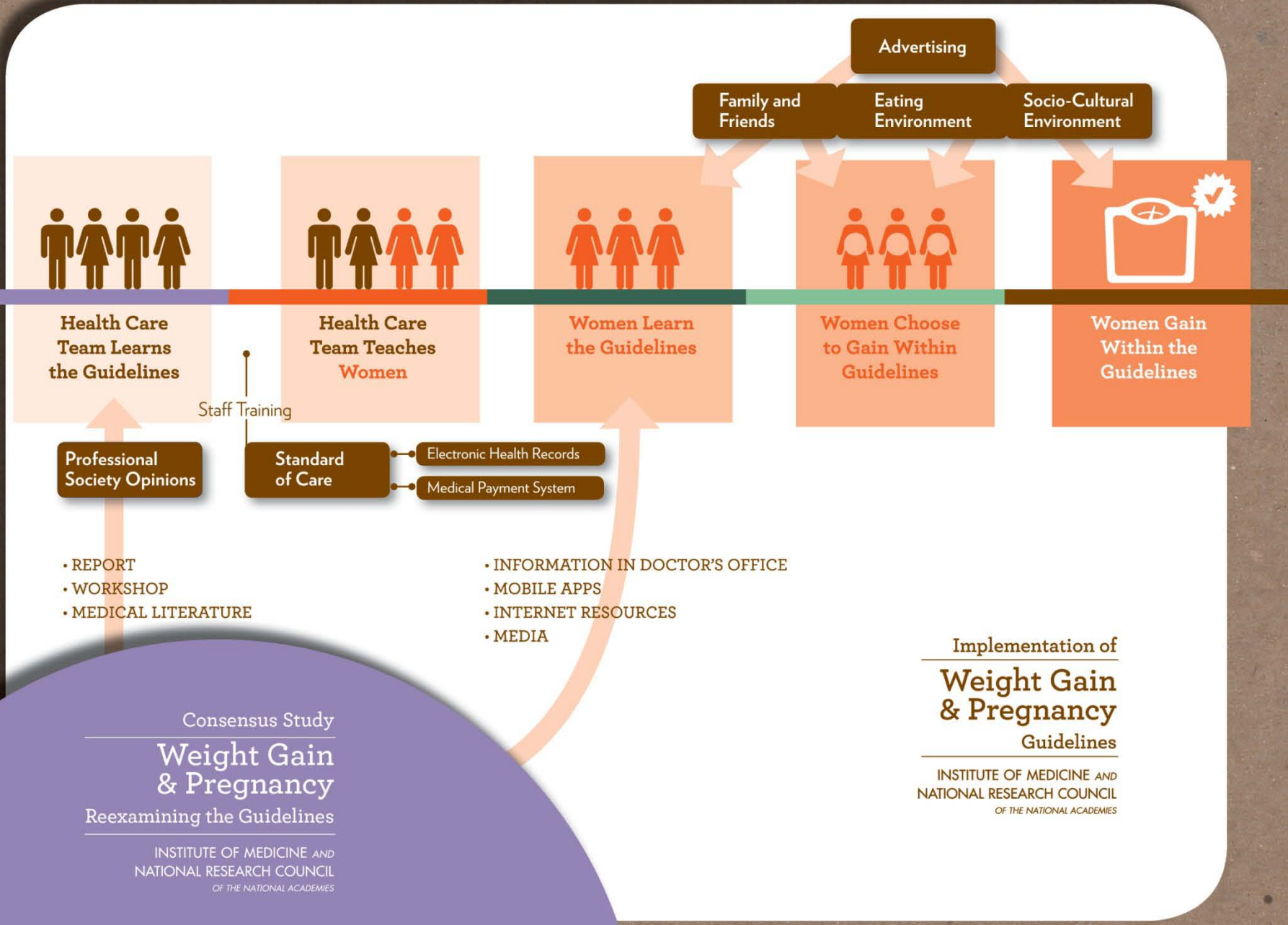
Full-term, singleton births in 2010

PRAMS - *Preliminary data*



Deputy N, Sharma AJ – analysis in progress

PRAMS – Pregnancy Risk Assessment Monitoring System, 28 States and NYC included here.



Consensus Study
Weight Gain & Pregnancy
 Reexamining the Guidelines
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Implementation of
Weight Gain & Pregnancy
 Guidelines
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