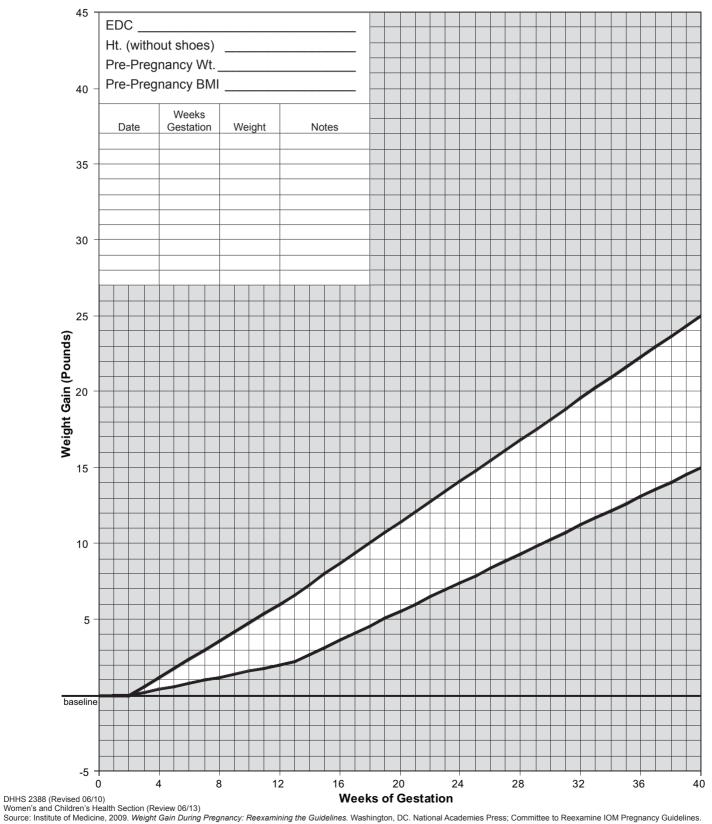
WV WIC PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Overweight BMI 25.0–29.9

Weight Gain Recommendations (singleton):

- ♦ 2.2–6.6 lb. gain 1st trimester
- ♦ 0.6 lb. gain per week 2nd and 3rd trimesters
- ♦ 15–25 lb. total weight gain





Created by N.C. Department of Health and Human Services Women's and Children's Health Section