

# Nutrition in Pregnancy

**Recommendations for weight gain during pregnancy** – Underweight women or women with low weight gain during pregnancy may have an increased risk of having a low birth weight infant or preterm birth. On the other hand, obese women or women with excessive weight gain have an increased risk for having a large for gestational age infant, postterm birth, and other pregnancy complications such as increased risk of cesarean section. Obesity may also increase the risk of childhood obesity and makes weight loss more difficult after delivery.

**Underweight** (BMI less than 18.5): 28-40 lbs

**Normal weight** (BMI 18.5-24.9): 25-35 lbs

**Overweight** (BMI 25-29.9): 15-25 lbs

**Obese** (BMI greater than 30): 11-20 lbs