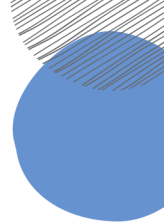




Pregnancy and Your Changing Body



* Weight gain recommendations are based on the pre-pregnancy BMI.

	Pre-Pregnancy BMI	Pregnancy Weight Gain Recommendations
Underweight	> 18.5	28 - 40 lbs
Normal	18.5 - 24.9	25 - 35 lbs
Overweight	25 - 29.9	15 - 24 lbs
Obese	30.0 <	11 - 20 lbs

Note:

Weight gain recommendations increase in pregnancies with multiples.