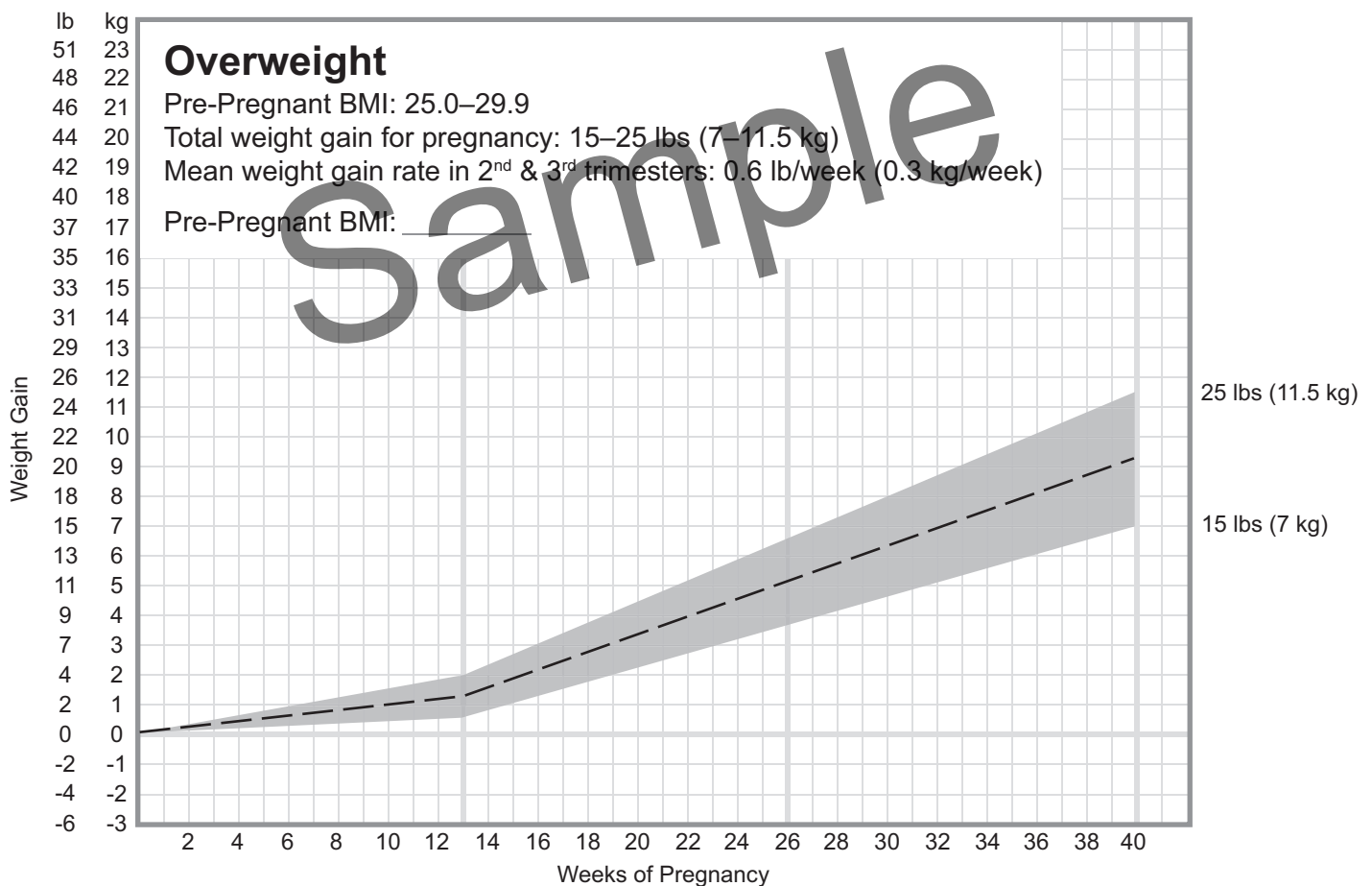


Affix patient label within this box.

**Pregnancy Weight Gain Graphs for Singletons**  
(Overweight or Obese – Pre-pregnant BMI)

Step 1: Assess and Advise	Step 2: Consider Referral to a Registered Dietitian When	Step 3: Support
<ul style="list-style-type: none"> <li>• Calculate pre-pregnant BMI at initial visit</li> <li>• Provide individualized weight gain recommendations based on BMI category</li> <li>• Discuss an appropriate rate and pattern of weight gain</li> </ul>	<ul style="list-style-type: none"> <li>• Woman has a concurrent medical condition with an impact on nutrition (e.g. hyperemesis, bowel diseases)</li> <li>• Woman has an eating disorder, or a history of an eating disorder</li> <li>• Woman is less than 20 years old</li> <li>• Woman expresses concerns around weight gain or body changes</li> <li>• Pregnancy weight trend indicates inadequate or excessive weight gain</li> </ul>	<ul style="list-style-type: none"> <li>• Reassure weight gain is an important part of pregnancy related to fetal development</li> <li>• Reinforce consistent and appropriate weight gain (especially in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters)</li> </ul>



**Inadequate Weight Gain**

- Weight gain below the shaded area
- Loss below pre-pregnancy weight in 1<sup>st</sup> trimester
- Loss in 2<sup>nd</sup> or 3<sup>rd</sup> trimester

**Excessive Weight Gain**

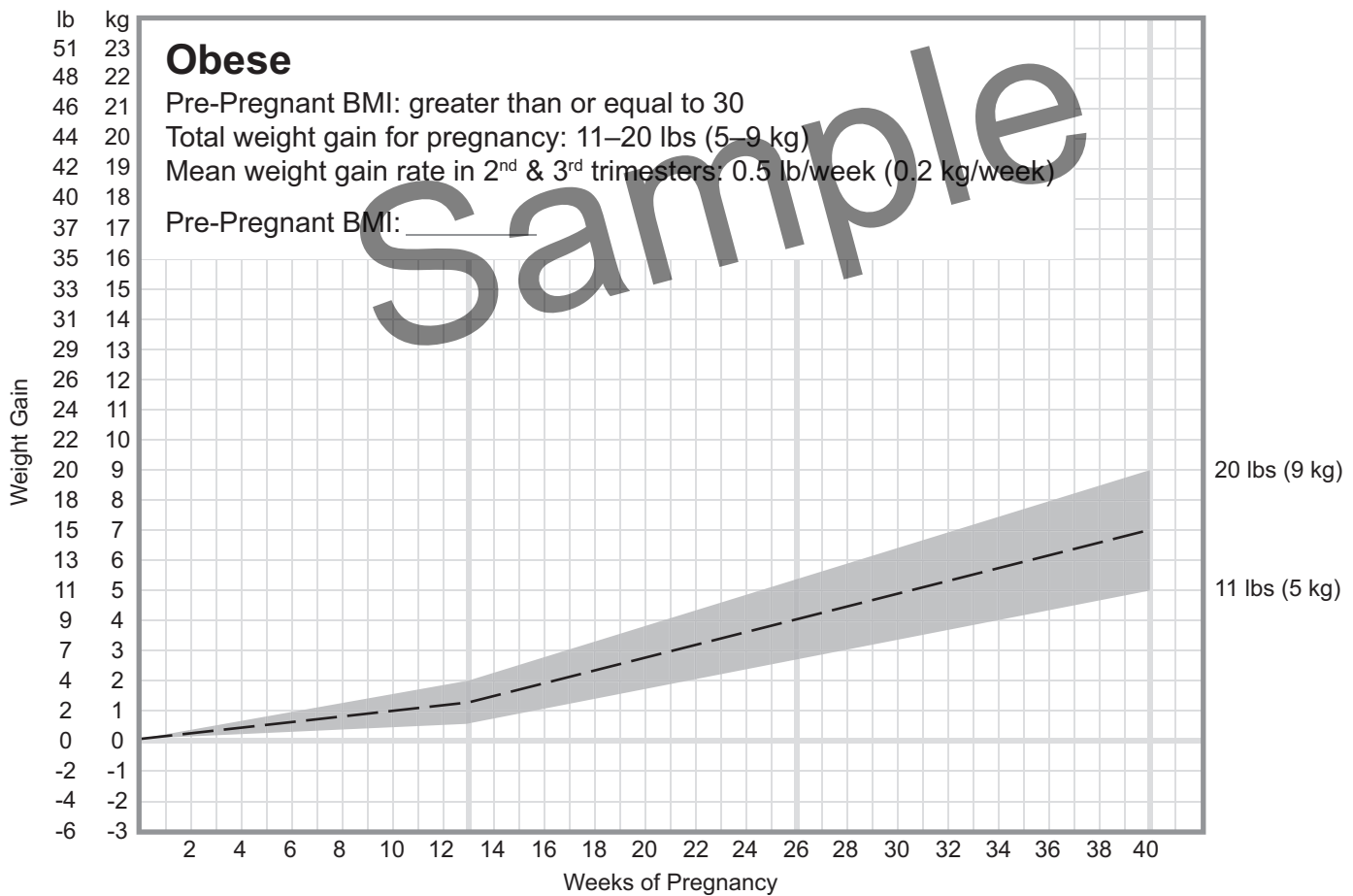
- Weight gain above the shaded area
- Gain of 7 or more lbs (3 kg) per month

*Prenatal Nutrition Guidelines for Health Professionals: Gestational Weight Gain. Health Canada. 2010. Reproduced with permission from the Minister of Health, 2011.*

Affix patient label within this box.

**Pregnancy Weight Gain Graphs for Singletons**  
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