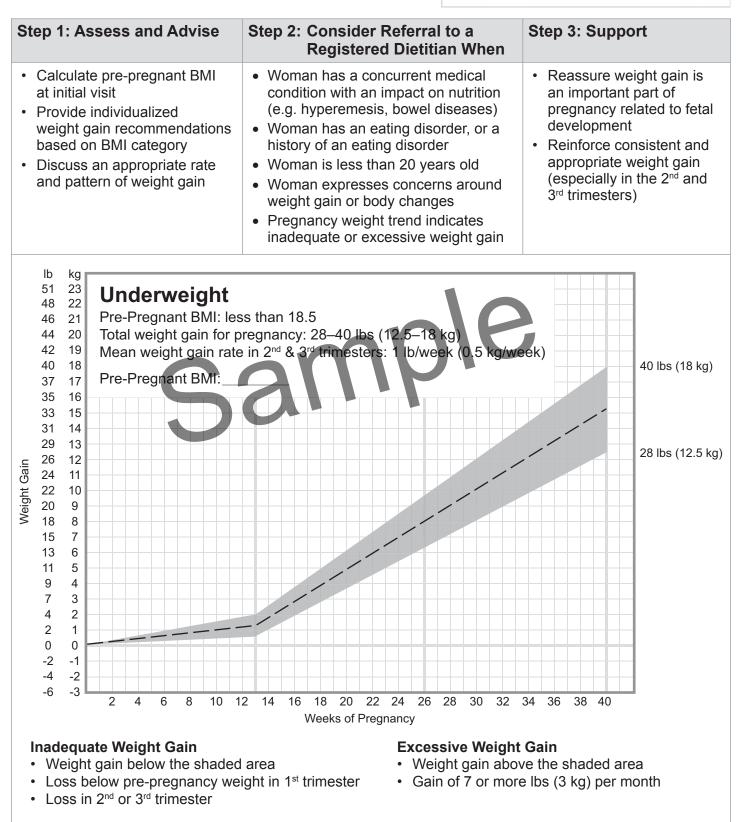


Pregnancy Weight Gain Graphs for Singletons

(Underweight or Healthy Weight – Pre-Pregnant BMI)



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 (Underweight or Healthy Weight – Pre-Pregnant BMI)

tep 1: Assess and Advise	Step 2: Consider Referral to a Registered Dietitian When	Step 3: Support
Calculate pre-pregnant BMI at initial visit Provide individualized weight gain recommendations based on BMI category Discuss an appropriate rate and pattern of weight gain	 Woman has a concurrent medical condition with an impact on nutrition (e.g. hyperemesis, bowel diseases) Woman has an eating disorder, or a history of an eating disorder Woman is less than 20 years old Woman expresses concerns around weight gain or body changes Pregnancy weight trend indicates inadequate or excessive weight gain 	 Reassure weight gain is an important part of pregnancy related to fetal development Reinforce consistent and appropriate weight gain (especially in the 2nd and 3rd trimesters)
	5–24.9 regnancy: 25–35 lbs (11.5–16 kg) in 2 nd & 3 rd trimesters: 1 lb/week (0.4 kg/w	eek) 35 lbs (16 kg) 25 lbs (11.5 kg) 34 36 38 40
Inadequate Weight GainWeight gain below the shaded	Weeks of Pregnancy Excessive Weight area • Weight gain abov	

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