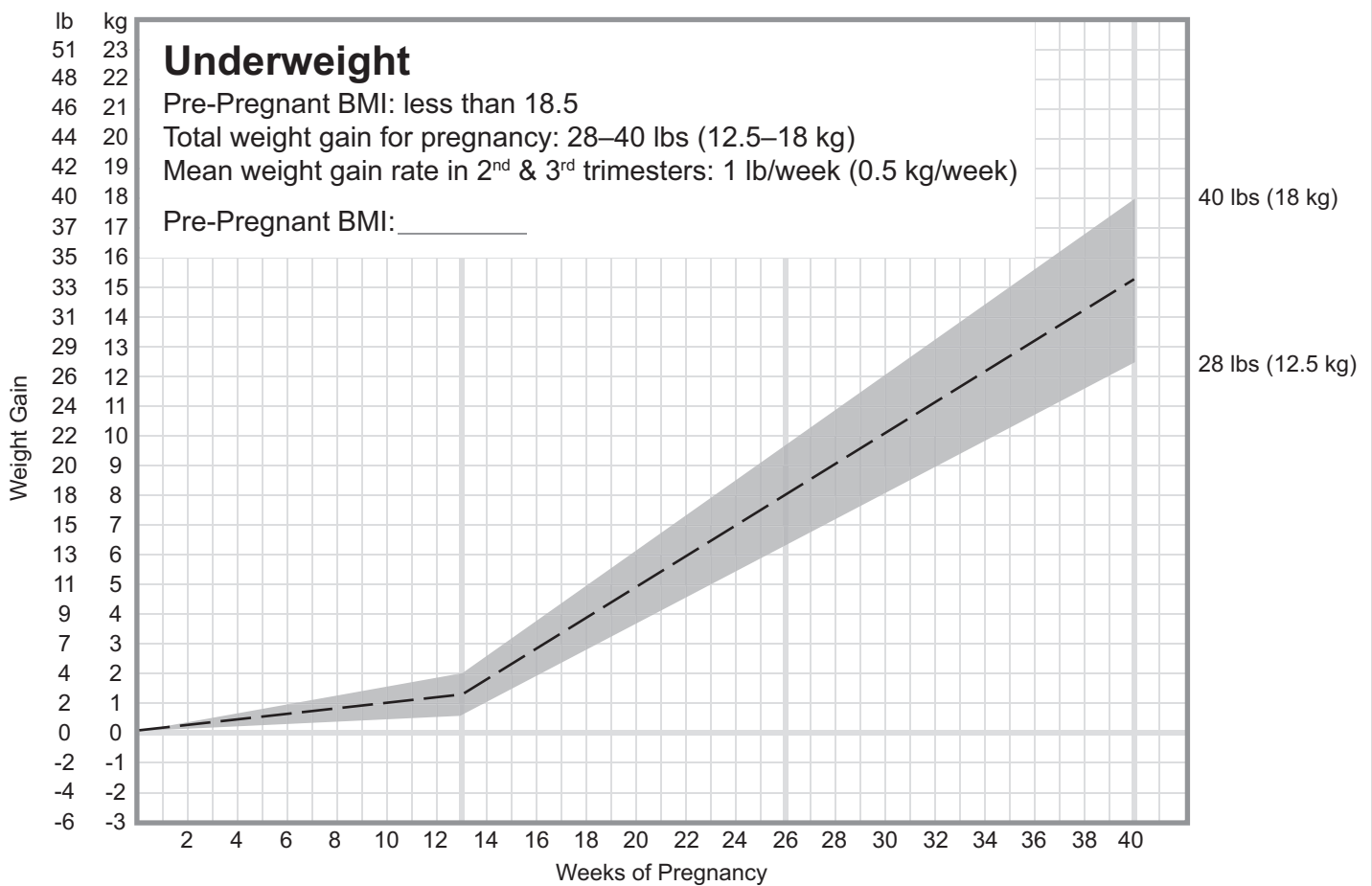


Affix patient label within this box.

Pregnancy Weight Gain Graphs for Singletons
(Underweight or Healthy Weight – 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"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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)



Inadequate Weight Gain

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

Excessive Weight Gain

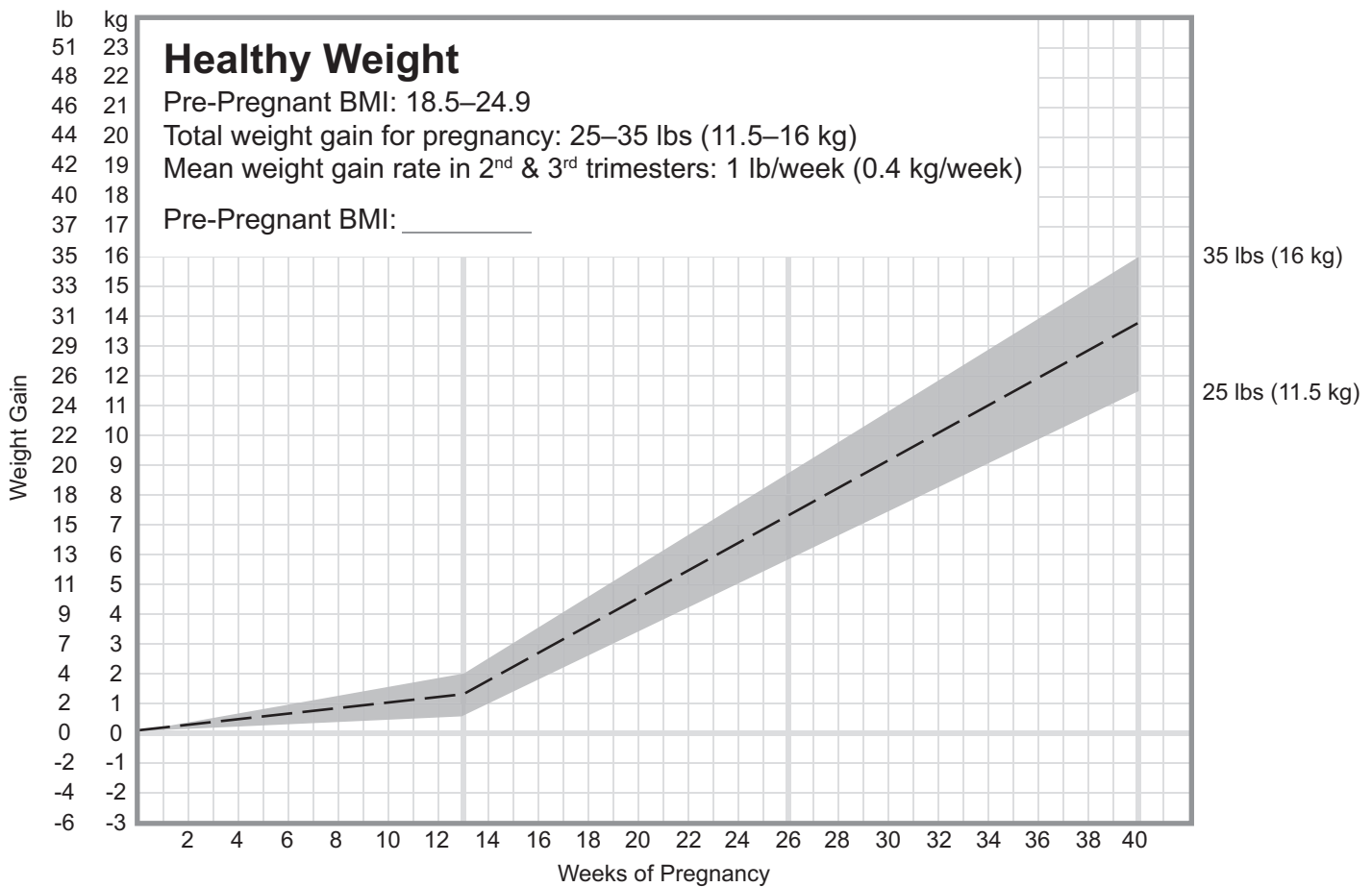
- Weight gain above the shaded area
- Gain of 7 or more lbs (3 kg) per month

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.

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