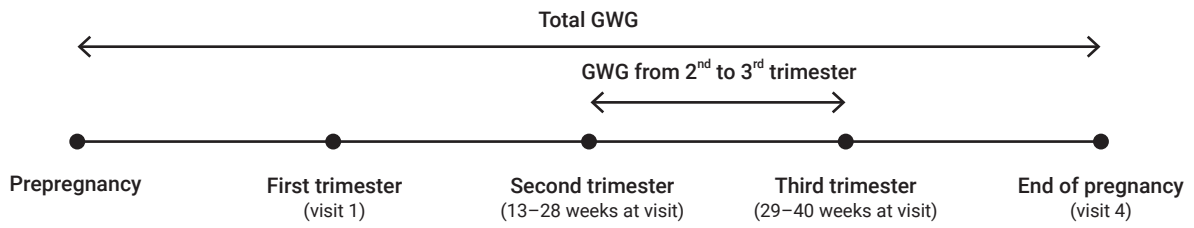


A Detailed criteria for trimester-specific or total gestational weight gain



B Guidelines of the Institute of Medicine for weight gain during pregnancy

Prepregnancy BMI (kg/m ²)	Rates of weight gain in the first trimester (kg)	Rates of weight gain in the second and third trimester (kg/week)	Recommended total weight gain (kg)
BMI < 18.5	0.5–2.0	0.44–0.50	12.5–18.0
18.5 ≤ BMI < 25.0	0.5–2.0	0.35–0.50	11.5–16.0
25.0 ≤ BMI < 30.0	0.5–2.0	0.23–0.33	7.0–11.5
30.0 ≤ BMI	0.5–2.0	0.17–0.27	5.0–9.0

Institute of Medicine (IOM), 2009

Figure S1. Detailed criteria and guidelines for gestational weight gain. GWG, gestational weight gain; BMI, body mass index.