



Note to the health professional

Use the handout titled *Healthy Weight Gain during Pregnancy* to establish and discuss a gestational weight gain goal with your client.

Steps to establish a gestational weight gain goal:

- 1) Calculate your client's pre-pregnancy body mass index (BMI).

$$\text{BMI} = \frac{\text{pre-pregnancy weight in kilograms}}{(\text{height in metres})^2}$$

- 2) Find your client's pre-pregnancy BMI in the table below and identify the total gestational weight gain recommended.

Health Canada's recommended total weight gain for singleton pregnancies (2010)

Pre-pregnancy BMI	Recommended total weight gain ^a	
	kg	lbs
BMI < 18.5	12.5 - 18	28 - 40
BMI 18.5 - 24.9	11.5 - 16	25 - 35
BMI 25.0 - 29.9	7 - 11.5	15 - 25
BMI ≥ 30.0 ^b	5 - 9	11 - 20

(a) Calculations assume a weight gain of 0.5 to 2 kg (1.1 to 4.4 lbs) in the first trimester.

(b) A lower weight gain may be advised for women with a BMI of 35 or greater, based on clinical judgement and a thorough assessment of the risks and benefits to mother and child.

Order additional copies of the handout and get more information (including new guidelines for health professionals) at healthcanada.gc.ca/prenatal-nutrition.

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