

SUPPLEMENTARY TABLE S2. INSTITUTE OF MEDICINE
GESTATIONAL WEIGHT GAIN RATE RECOMMENDATIONS

<i>Prepregnancy weight category</i>	<i>Recommended rates of weight gain in the second and third trimesters (lb/week)</i>
Underweight	1–1.3
Normal Weight	0.8–1
Overweight	0.5–0.7
Obese	0.4–0.6

Source: Modified from Institute of Medicine (US). Weight gain during pregnancy: reexamining the guidelines. Washington, DC: National Academies Press, 2009.