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# Excessive Weight Gain in Pregnancy

National Cancer Institute

## Source

National Cancer Institute. *Excessive Weight Gain in Pregnancy*. NCI Thesaurus. Code C112848.

In a woman with a normal weight pre-pregnancy body mass index (BMI), i.e. 18.5-24.9, the weight gained during pregnancy exceeds a total weight gain of 35 lbs. In a woman with an underweight pre-pregnancy body mass index (BMI), i.e. less than 18.5, the weight gained during pregnancy exceeds a total weight gain of 40 lbs. In a woman with an overweight pre-pregnancy body mass index (BMI), i.e. 25.0-29.9, the weight gained during pregnancy exceeds a total weight gain of 25 lbs. In a woman with an obese pre-pregnancy body mass index (BMI), i.e. greater than 30, the weight gained during pregnancy exceeds a total weight gain of 20 lbs. These standards are supported for the whole population irrespective of height, race or ethnicity.