- 1 Supplementary Material 1: Body Mass Index (BMI) Classification according to the Institute of
- 2 Medicine Guideline from 2009.

## TABLE 1 NEW RECOMMENDATIONS FOR TOTAL AND RATE OF WEIGHT GAIN DURING PREGNANCY, BY PREPREGNANCY BMI

Prepregnancy BMI	BMI+ (kg/m²) (WHO)	Total Weight Gain Range (lbs)	Rates of Weight Gain* 2nd and 3rd Trimester (Mean Range in Ibs/wk)
Underweight	<18.5	28–40	1 (1–1.3)
Normal weight	18.5-24.9	25–35	1 (0.8–1)
Overweight	25.0-29.9	15–25	0.6 (0.5–0.7)
Obese (includes all classes)	≥30.0	11–20	0.5 (0.4–0.6)

+ To calculate BMI go to www.nhlbisupport.com/bmi/

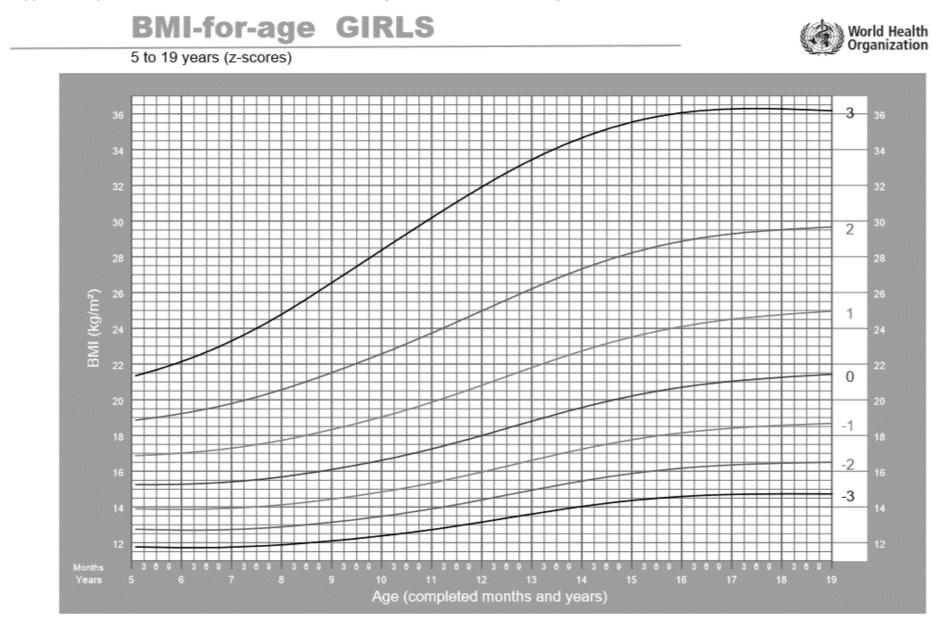
\* Calculations assume a 0.5–2 kg (1.1–4.4 lbs) weight gain in the first trimester (based on Siega-Riz et al., 1994; Abrams et al., 1995; Carmichael et al., 1997)

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## 1 Supplementary Material 2: Child Growth Standards BMI-for-age for Girls between 5 to 19 years old.

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