



HOW TO MONITOR YOUR WEIGHT GAIN

BMI 18.5 TO 24 (18.5 TO 22.9 IF ASIAN)

If you would like to follow the progress of your weight gain during your pregnancy, follow the steps below to plot your weight on the graph for your BMI.

STEP 1 – Do you know your BMI?

To calculate your body mass index (BMI) take your pre-pregnancy weight in kilos divided by your height in meters squared. For example;

- if your pre-pregnancy weight is 72 kg and your height is 162 centimetres (1.62 meters), to work out your BMI divide your weight by your height then divide again by height, i.e. $72 \div 1.62 \div 1.62 = 27$.
- Your BMI is 27.

STEP 2 – Monitor your weight

- Check your current weight and calculate how much weight you have gained.
- Identify your number of weeks pregnant on the bottom line of the graph.
- Put a cross in the square above it that is closest to the number of kg you have gained.

STEP 4 – Interpret your results

- If your weight is travelling along the green band you are on target.
- If your weight is travelling below the green band – you're gaining less weight than expected which is not necessarily a problem but you might want to check in with one of our dietitians to make sure you're eating enough.
- If your weight is travelling above the green band – you're gaining more weight than expected. This is also not necessarily a problem as there are lots of factors that contribute to weight gain, but you might like to check in with one of our dietitians for some extra support.
- If you're well into your pregnancy and have already gained a lot more weight than suggested for your BMI range, don't aim to lose weight to get back to your suggested range. Just aim to slow your rate of weight gain.

For more information

If you would like advice on how to use this information ask to speak to one of the Women's dietitians.

Nutrition and Dietetics

Royal Women's Hospital
Cnr Grattan St & Flemington Rd
Parkville VIC 3055
T: (03) 8345 3160

Related fact sheets on the Women's website

Healthy eating in pregnancy

- Weight gain during pregnancy
- About sugars and fats
- Planning meals and snacks
- Exercise in pregnancy

www.thewomens.org.au/health-information/fact-sheets

Other useful resources

Baker Heart & Diabetes Institute

This website aimed at information about prevention and treatment of diabetes and heart disease has a number of useful fact sheets such as

- Healthy snacks
- Eating out
- Supermarket shopping guide
- Label reading

www.baker.edu.au/health-hub/fact-sheets

HEALTHY EATING DURING PREGNANCY

HOW TO MONITOR YOUR WEIGHT GAIN - BMI 18.5 TO 24 (18.5 TO 22.9 IF ASIAN)



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If your pre-pregnancy BMI was between 18.5 and 24 (18.5 to 22.9 if Asian), your average weight should fall within the green band. This is equivalent a weight gain of 11.5kg to 16kg during your pregnancy.

