



## HOW TO MONITOR YOUR WEIGHT GAIN BMI LESS THAN 18.5

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 – Plot 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 blue band you are on target.
- If your weight is travelling below the blue 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 blue 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.

### 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](http://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](http://www.baker.edu.au/health-hub/fact-sheets)

# HEALTHY EATING DURING PREGNANCY

## HOW TO MONITOR YOUR WEIGHT GAIN - BMI LESS THAN 18.5



the women's  
the royal women's hospital  
victoria australia

If your pre-pregnancy BMI was less than 18.5, your average weight should fall within the blue band. This is equivalent to a weight gain of 12.5kg to 18kg during your pregnancy.

**Kilos**

