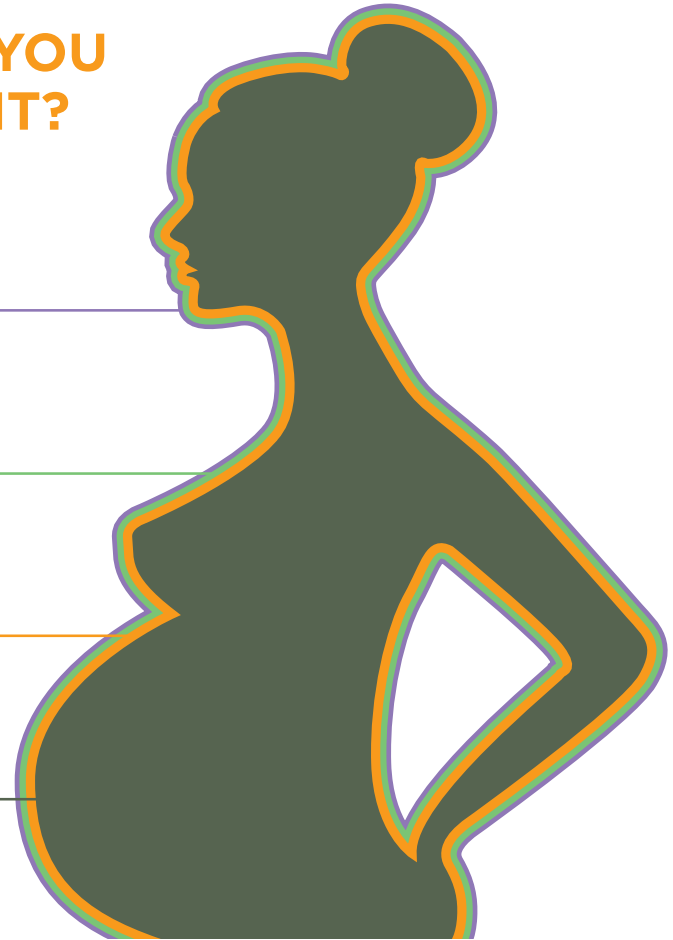


HOW MUCH WEIGHT SHOULD YOU GAIN WHEN YOU'RE PREGNANT?

If you start your pregnancy as... You should gain...

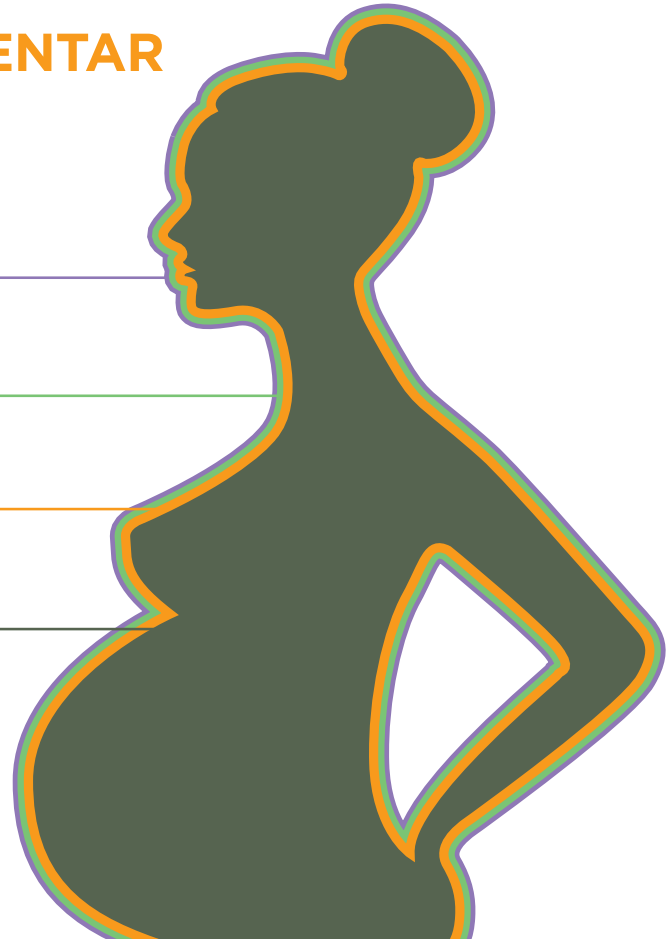
Underweight BMI less than 18.5	28-40 lbs.
Normal Weight BMI 18.5-24.9	25-35 lbs.
Overweight BMI 25.0-29.9	15-25 lbs.
Obese (includes all classes) BMI greater than or equal to 30.0	11-20 lbs.



¿CUANTO PESO DEBERÍA AUMENTAR DURANTE EL EMBARAZO?

Si comienza su embarazo estando... Debería aumentar...

Baja de Peso Índice de Masa Corporal (IMC) menos de 18.5	28-40 lbs.
Peso Normal IMC 18.5-24.9	25-35 lbs.
Sobrepeso IMC 25.0-29.9	15-25 lbs.
Obesa (incluye todas las clases) IMC igual o más de 30.0	11-20 lbs.




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