

# How much weight do I need to gain during my pregnancy?



A HEALTHY BABY  
IS WORTH  
THE WEIGHT

[www.healthy-baby.org](http://www.healthy-baby.org)

Height (Feet and Inches)	Underweight (Pounds)	Normal Weight (Pounds)	Overweight (Pounds)	Obese (Pounds)
	<b>BMI &lt; 19.8</b>	<b>BMI 19.8-26.0</b>	<b>BMI 26.1-29.0</b>	<b>BMI &gt; 29.0</b>
4'8"	less than 88	88-116	117-129	130 or higher
4'9"	less than 92	92-121	122-134	135 or higher
4'10"	less than 95	95-124	125-138	139 or higher
4'11"	less than 98	98-128	129-143	144 or higher
5'0"	less than 101	101-133	134-148	149 or higher
5'1"	less than 105	105-137	138-153	154 or higher
5'2"	less than 108	108-142	143-158	159 or higher
5'3"	less than 112	112-146	147-163	164 or higher
5'4"	less than 115	115-151	152-169	170 or higher
5'5"	less than 119	119-156	157-174	175 or higher
5'6"	less than 123	123-161	162-179	180 or higher
5'7"	less than 126	126-166	167-185	186 or higher
5'8"	less than 130	130-171	172-190	191 or higher
5'9"	less than 134	134-176	177-196	197 or higher
5'10"	less than 138	138-181	182-202	203 or higher
5'11"	less than 142	142-186	187-208	209 or higher
6'0"	less than 146	146-191	192-213	214 or higher
6'1"	less than 150	150-197	198-219	220 or higher
6'2"	less than 154	154-202	203-225	226 or higher
6'3"	less than 159	159-208	209-232	233 or higher
6'4"	less than 163	163-213	214-238	239 or higher
	For the health of your baby, it is best to gain <b>28-40 pounds.</b>	For the health of your baby, it is best to gain <b>25-35 pounds.</b>	For the health of your baby, it is best to gain <b>15-25 pounds.</b>	For the health of your baby, it is best to gain <b>15 pounds.</b>



Colorado Department  
of Public Health  
and Environment

**Twins = 35-45 pounds**  
**Triplets aim for 50 pounds**

Your chances of having a healthy weight baby (greater than 5 pounds, 8 ounces) is better when you gain enough weight.