

# International Gestational Weight Gain Standards for Women with Normal BMI



## Weight Gain (kg)

INTERGROWTH-21<sup>st</sup>



Gestational age (exact weeks)	Centiles						
	3 <sup>rd</sup>	5 <sup>th</sup>	10 <sup>th</sup>	50 <sup>th</sup>	90 <sup>th</sup>	95 <sup>th</sup>	97 <sup>th</sup>
15	-1.8	-1.5	-1.1	0.4	2.2	2.8	3.2
16	-1.3	-1.0	-0.6	1.0	2.9	3.6	4.0
17	-0.8	-0.5	-0.1	1.6	3.7	4.3	4.7
18	-0.4	-0.1	0.4	2.2	4.4	5.0	5.5
19	0.0	0.3	0.8	2.8	5.1	5.8	6.3
20	0.4	0.7	1.2	3.3	5.8	6.6	7.1
21	0.8	1.1	1.7	3.8	6.5	7.3	7.9
22	1.1	1.5	2.1	4.4	7.2	8.1	8.7
23	1.4	1.8	2.4	4.9	7.9	8.9	9.5
24	1.8	2.2	2.8	5.4	8.6	9.6	10.3
25	2.1	2.5	3.2	5.9	9.3	10.4	11.2
26	2.4	2.9	3.6	6.5	10.0	11.2	12.0
27	2.7	3.2	3.9	7.0	10.7	11.9	12.8
28	3.0	3.5	4.3	7.5	11.4	12.7	13.6
29	3.3	3.8	4.7	8.0	12.1	13.5	14.4
30	3.6	4.2	5.0	8.5	12.9	14.3	15.3
31	3.9	4.5	5.4	9.0	13.6	15.1	16.1
32	4.2	4.8	5.7	9.5	14.3	15.8	16.9
33	4.5	5.1	6.1	10.0	15.0	16.6	17.8
34	4.9	5.5	6.5	10.5	15.7	17.4	18.6
35	5.2	5.8	6.8	11.1	16.5	18.2	19.5
36	5.5	6.1	7.2	11.6	17.2	19.0	20.3
37	5.8	6.5	7.6	12.1	17.9	19.8	21.2
38	6.1	6.8	7.9	12.6	18.7	20.6	22.0
39	6.4	7.1	8.3	13.2	19.4	21.5	22.9
40	6.7	7.5	8.7	13.7	20.1	22.3	23.8