

# How to Calculate your Pregnancy BMI

PREGNANCY TIPS AND ARTICLES

ARTICLE

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Keep your weight in check throughout pregnancy by staying active and consuming a balanced diet to manage expected weight gain in different stages of pregnancy.

*Regular and moderate physical activity may help reduce the discomforts of pregnancy.*

Mums, it is important to control and manage your weight gain during pregnancy. The best way to monitor the body's weight fluctuations is through the pregnancy BMI calculation. That should help you keep your weight in check.

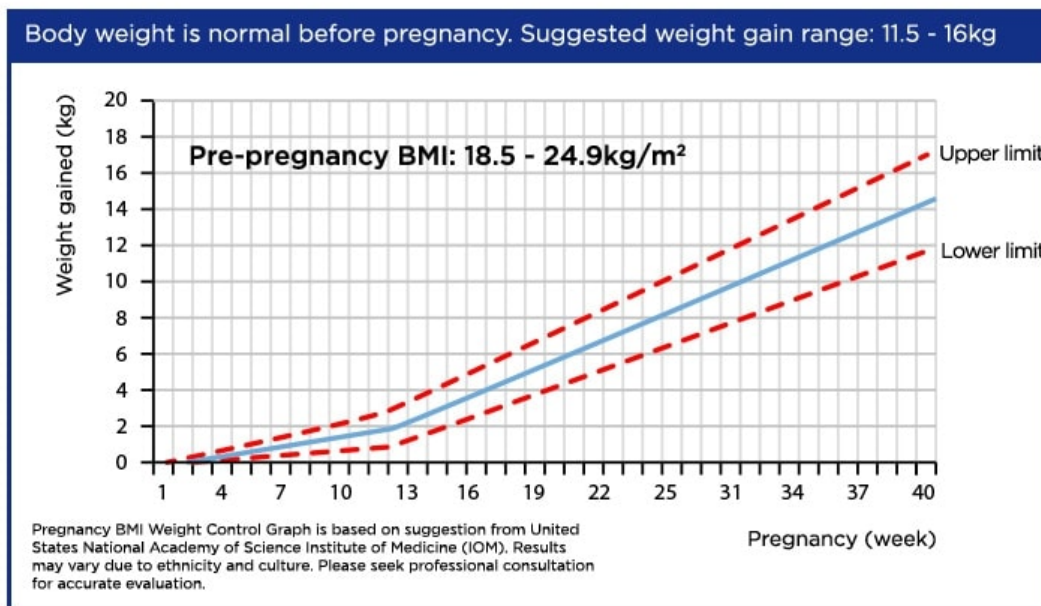
The pregnancy BMI chart indicates the range of ideal weight gain during pregnancy, taking the mum's pre-pregnancy body weight as a base value. It also shows expected weight gain in different stages of pregnancy.

## What's BMI?

BMI (Body Mass index) is a weight indicator.

It is calculated based on height and weight ratio, often used as an indicator for the human body sizes. The BMI before pregnancy can be used as a benchmark to identify mums' body size and calculate expected pregnancy weight gain.

## Pregnancy BMI Formula:



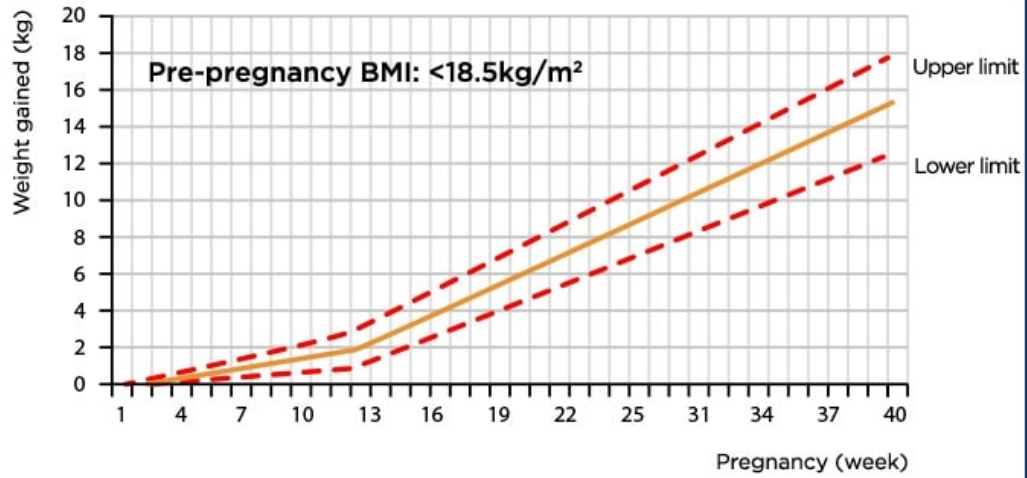
## How to use the Pregnancy BMI chart

The Pregnancy BMI Weight Control Graph provides a direct and scientific way for mums to monitor weight gain. The area between the 2 dotted lines shows the minimum and the maximum weight gain that is ideal for a pregnant body. The horizontal axis indicates pregnancy week, while the vertical axis indicates the total weight gained in that week (in kg). Using this chart is very simple: write down the weight you've gained on the graph and monitor the changes week after week.

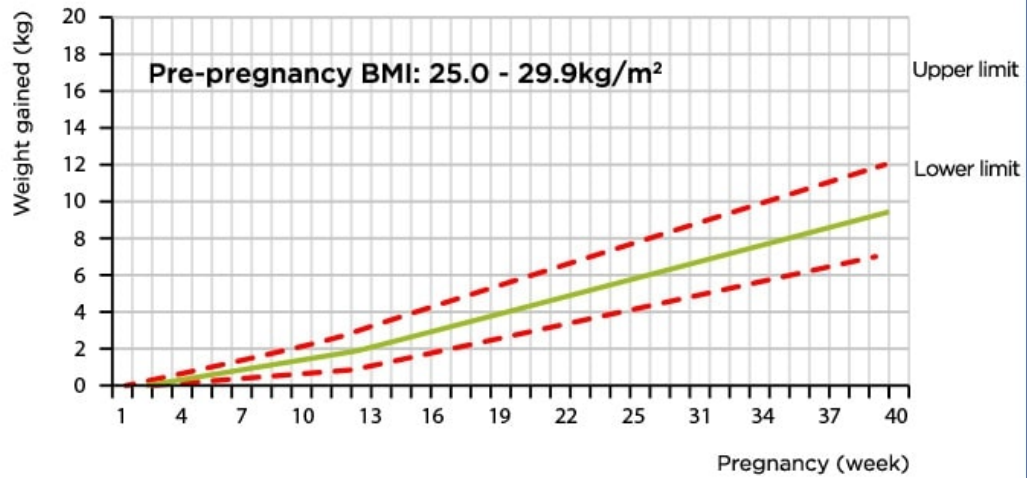
For example, let's assume that a pregnant mum weighs 45 kg before pregnancy. On week 28, her weight is 54 kg, which means her weight gain is 9 kg. Mark a dot at (28.9) on the graph. Repeat every week to record your weight gain throughout the pregnancy.

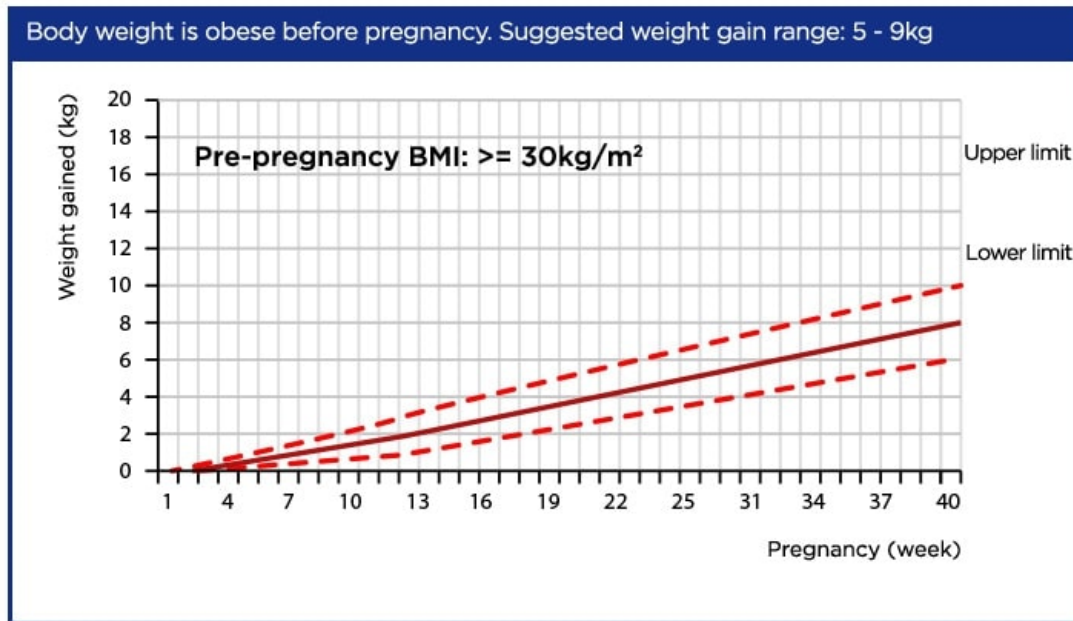
If your records are in the area between the two dotted lines, your weight gain is still within the acceptable range. However, if your record does not land inside the given area, please consult your doctor for weight control advice.

Body weight is underweight before pregnancy. Suggested weight gain range: 12.5 - 18kg



Body weight is overweight before pregnancy. Suggested weight gain range: 7 - 11.5kg





## How to control weight gain during pregnancy?

Regular and moderate physical activity may help you and your baby reach a healthy weight and reduce the discomforts of pregnancy. Prenatal exercises also lower the risk of developing gestational diabetes and preeclampsia. Activities like yoga, pilates, walking or swimming are some of the best exercises during pregnancy.

A healthy diet also helps in pregnancy weight control. Keeping a healthy diet ensures the baby receives essential nutrients for healthy development. Make sure your meals include a variety of fresh fruits and vegetables, whole grains, legumes, nuts and seeds. Also, include lean meat, fish, milk and other dairy products in your diet. Proper hydration is also essential for a healthy pregnancy, so drink plenty of water! (1.5 - 2 litres/day) and avoid alcohol.



