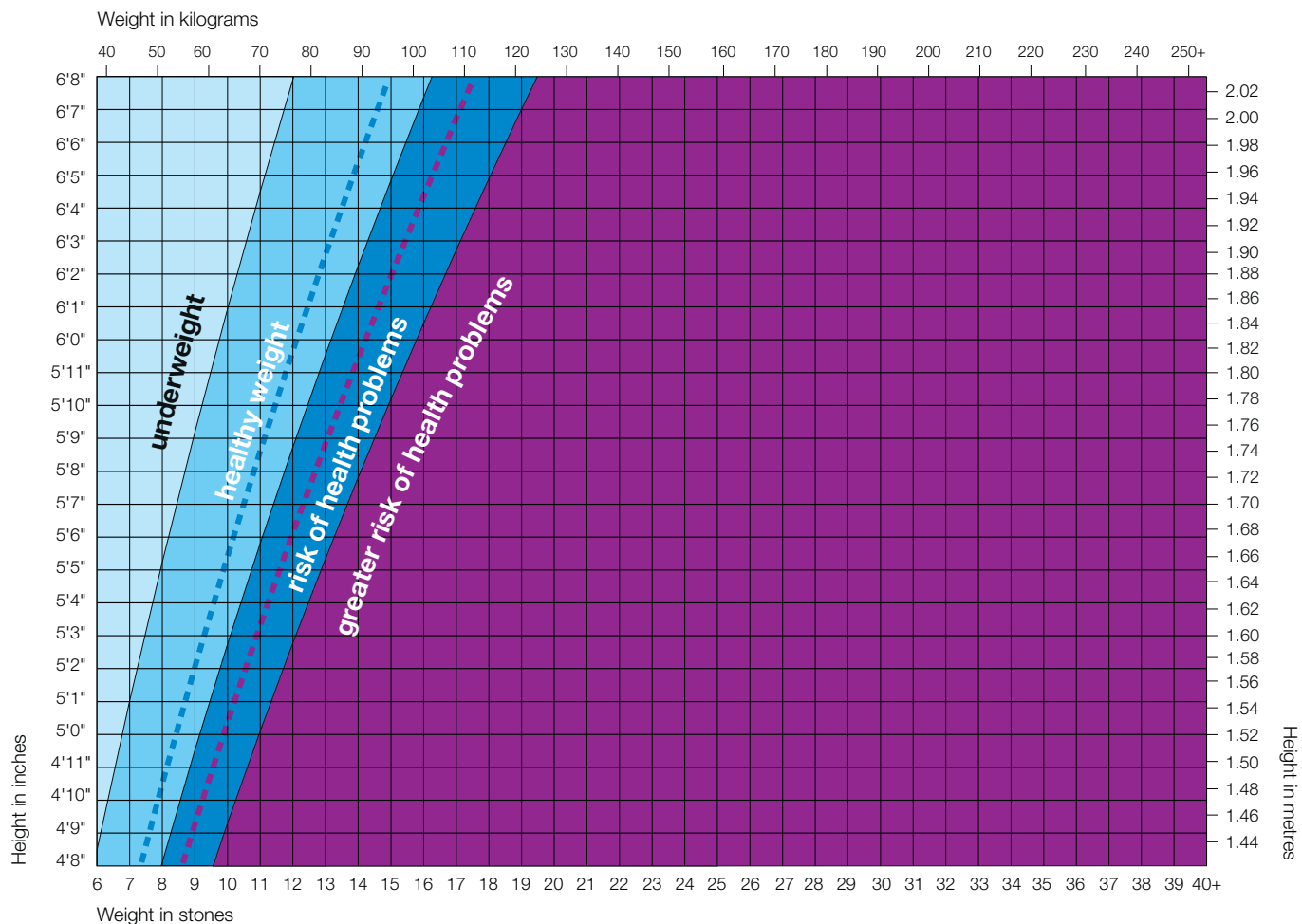


# pregnancy weight range chart



**Please note:** the point at which someone's health is at risk due to their weight varies between ethnic groups. It is recommended that Asian (South Asian and Chinese), black African and African Caribbean populations use the area between the dotted lines as an indicator for when their health may be at increased risk due to their weight (see the dark blue range overleaf), and the area to the right of the purple dotted line as an indicator that their health is at greater risk (see purple range).

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## In this range you are underweight:

- You may not be eating enough food to supply your own body and your growing baby with the nutrients you both need
- Being underweight and trying to stay within this range can be unhealthy
- It is important to eat a healthy balanced diet and to try to gain weight

## The healthiest range:

- You are at least risk of developing weight-related medical problems and having complications during your pregnancy and birth
- For a healthy pregnancy it is important to follow a healthy, balanced diet and include some daily physical activity

## In this range you may be at risk of developing weight-related health problems:

- Making small changes to your diet and becoming more active will help to reduce this risk and could also improve any existing health problems
- Making healthy lifestyle changes now will help you avoid gaining excess weight during pregnancy, making it easier to achieve a healthy weight after giving birth

## In this range your health is at greatest risk:

- You are at increased risk of a number of weight-related complications during your pregnancy
- Making changes to the foods you eat and becoming more active will help to reduce the health risk and will benefit both you and your baby
- Making healthy lifestyle changes now will help you avoid gaining excess weight during pregnancy, making it easier to move towards a healthy weight after giving birth