Supplemental Table 1. Recommendations for total and rate of weight gain during pregnancy by pre-pregnancy BMI from IOM 2009.

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| Pre-pregnancy BMI\* | Total weight gain in kg | Mean (range) weight gain in kg/week |
| Underweight | 12.5-18 | 0.51 (0.44-0.58) |
| Normal weight | 11.5-16 | 0.42 (0.35-0.50) |
| Overweight | 7-11.5 | 0.28 (0.23-0.33) |
| Obese | 5-9 | 0.22 (0.17-0.27) |

Calculations assume a 0.5–2 kg weight gain in the first trimester.

\*The BMI groups was classified by WHO.